HEALTHY PEOPLE • HEALTHY PLANET
IT'S ALL CONNECTED
ISSUE 274 MAY 2014
100% CANADIAN
SINCE 1982

common ground

FREE MAGAZINE

TAKE BACK THE COMMONS!

Creating Homefulness • Protect Agricultural Lands • No GMO Expo • Local food security

THE WORLD'S NEXT SUPERPOWER: WE THE PEOPLE

vegexpo

everything | vegan+vegetarian EXPO

vancouver's everything vegan + vegetarian expo

presented by:

HIPPIE FOODS™

This year's topic of discussion

GMO

"HOW ARE WE AFFECTED AS CANADIANS?"

Discover the benefits of a plant-based diet and cooking demonstrations from celebrated local chefs. Sample and discover all the products you need to lead and live a healthy lifestyle. It's a day for the entire family with an interactive kide zone, bodybuilding showcase, tons of free samples, giveaways and much more!

SUNDAY JUNE 8th, 2014
CANADA PLACE

PURCHASE TICKETS WWW.VEGEXPO.CA

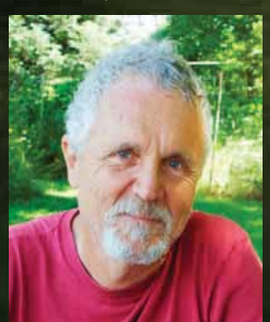
FOLLOW THE MOVEMENT
@VEGEXPO
#VEGEXPO2014

on the stage

JEFFREY M. SMITH
GMO Author/ Activist

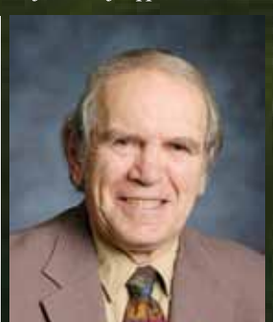
RACHEL PARENT
Kids Right to Know

IAN WALKER
Co-founder of Hippie Foods



DR.THIERRY VRAIN
Former Pro GMO Scientist

SAMANTHA SHORKEY
Vegan fitness competitor



HAROLD STEVES
Steveston Stock and Seed Farm

JANA WEBB
Joga with Jana

ERIN CEBULA
ET Canada Correspondant

THE VEGAN PROJECT
Vegan Lifestyle Bloggers

event partners

the Vegan Project | THE EDGE | CONNECT | common ground | edible VANCOUVER | fresh MAGAZINE | vista | 24 hrs | GREENER PRINT.CA

Would you trust a mouse with your detox?

Unlike most detox products, **LiverCare®** has been clinically proven to support detox parameters in the blood and overall liver function **with humans, not rodents**. In fact, the results were so impressive they were published in the **Journal of Gastroenterology.***

Don't mouse around, demand LiverCare®!

IN STORE COUPON

SAVE $2.00

On LiverCare 90 ct. or 180 ct.

• Coupon expires July 31st, 2014 •

Distributed in Canada by Peak Performance Products Inc.
1-877-833-7325 • www.pppinc.ca • info@pppinc.ca

common ground

features

columns

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Adam Sealey, Phil Watson
Design & Production - www.perubluesky.ca
Proofing - Anthony Prosk

Contributors:
Robert Alstead, Alan Cassels,
Torrance Coste, Bruce Mason,
Vicki Huntington, Mac McLaughlin,
Vesanto Melina, Geoff Olson,
Gwen Randall-Young, Jeffery M. Smith
David Suzuki, Eckhart Tolle, Caitlyn Vernon

Contact Common Ground:
Head office 604-733-2215
Toll-free 1-800-365-8897 Fax: 604-733-4415

Advertising: Adam Sealey
adam@commonground.ca
Phil Watson
phil@commonground.ca
direct line: 604-536-1198

Editorial: editor@commonground.ca
datebook@commonground.ca
classifieds@commonground.ca

Common Ground Publishing Corp.
204-4381 Fraser St.
Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept. 204-4381 Fraser St.
Vancouver, BC V5V 4G4
ISSN No. 0824-0698

Copies printed: 75,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy
Plus online at www.commonground.ca

Annual subscription is $75 (US$75) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

www.commonground.ca

FEATURES

5 **The Commons – the story of our time**

7 **Rethink, reclaim The Commons**
Bruce Mason

8 **Scientists' careers on line in climate wars**

10 **Mammography's days numbered**
Alan Cassels

14 **GMO BITES**
Canadian Biotechnology Action Network

15 **Speaking the truth: Food for the Future**
Bruce Mason

17 **The what, whys & wheres of GMOs**
Jeffery M. Smith

19 **Bill 24 threatens Delta's beauty and agriculture**
Vicki Huntington

30 **Vibes – Just a ride**
Geoff Olson

HEALTHY PEOPLE • HEALTHY PLANET
IT'S ALL CONNECTED
common ground
FREE MAGAZINE
TAKE BACK THE COMMONS!
Creating Homefulness • Protect Agricultural Lands • No GMO Expo • Local food security
THE WORLD'S NEXT SUPERPOWER: WE THE PEOPLE

Cover design: Kris Kozak

CULTURE

24 **DOXA preview**
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

18 **Doing nothing is not an option**
SCIENCE MATTERS
David Suzuki

HEALTH

12 **Picky little eaters**
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

22 **What is my purpose?**
UNIVERSE WITHIN
Gwen Randall-Young

SPIRITUALITY

23 **The return movement**
A NEW EARTH
Eckhart Tolle

9 NEWSBITES
16 NEW FOR YOUR HEALTH
20 STAR WISE
25 RESOURCE DIRECTORY
32 DATEBOOK
33 CLASSIFIED

Goodbye Carolyn

Common Ground would like to extend a huge thank you to Carolyn Herriot for sharing her wealth of knowledge about organic gardening with us for so many years. We are sad to say that April 2014 was her final "On the Garden Path" column in Common Ground. Carolyn's monthly offerings made us all better gardeners and we will miss her voice on our pages. We wish her all the best in her future endeavours.

The Commons
the story of our time

by Bruce Mason

A revolution is underway. Under the umbrella of "The Commons," a global grassroots movement is rising up and gathering together ancient and new forms of self-governance. Exciting economic models are being created and shared in response to the Market/State that's overextended, horrifically inequitable and relentlessly consumptive. Alternatively, The Commons is being heralded as our best hope for human survival and renewed pursuit of happiness.

The Commons are the collective wealth we inherit, steward and create together to pass on to future generations – ideally undiminished or enhanced – gifts of nature, civic infrastructure, culture, traditions and knowledge. They vary widely, but Commons share self-organized governance, seeking equity and sustainability as goals, rather than being motivated by more and more mere profit.

In 1776, Thomas Paine wrote *Common Sense*, igniting the American Revolution. In 2014, an international independence movement is taking shape in myriad projects and numerous organizations, books, blogs and websites. The movement is igniting a "Coalition of the Commons" to take back what was stolen from us and our ancestors, through trickery and deceit and to reclaim our Commons for future generations.

There's no master inventory of the phenomena – no complied list of existing Commons, including the ever expanding number of credit unions, car-shares, farmer's markets and fishing co-ops. Pioneering production – controlled by and for people – is exploding in Do-It-Yourself innovation and cooperation. It's also evident in scientific journals, flourishing community gardens, libraries and highly productive, ecologically minded agriculture. Timebanks enable bartering and sharing of people's busy hours. There is unprecedented diversity in digital culture, including open-source software, Wikipedia and social media platforms. The list goes on, exponentially and endlessly.

More 'experts' are taking notice, including influential economic theorist and activist Jeremy Rifkin (*The Zero Marginal Cost Society),* who recently observed, "The capitalist era is passing... not quickly, but inevitably. A new economic paradigm – the Collaborative Commons – is rising in its wake and will transform our way of life."

Some good, important, relevant news, for a change. Congratulations, you're part of it – a commoner! One commonly cited derivation of "Human" is the Latin "humus" for "earth." Putting your hands, heart and soul into soil and actively participating in habitat, boosts serotonin levels.

The beauty is we can build Commons ourselves, right now. It's been here all along, deliberately dismantled, hidden, overgrown, neglected, forgotten or hidden in plain sight. Look to the edges of the status quo and

The Commons are alive and well, especially in Europe and the global south. This burgeoning parallel social ordering and economy is affirming that another world is possible, an ageless alternative, re-making our place on the planet and loosening the death-grip on the Earth by predatory, global free trade markets.

Isaac Newton observed, "In Gaelic culture, people belong to places, rather than places belonging to people."

Meanwhile, the first-ever scientific analysis of the US, as a democracy or oligarchy, has concluded, "The preferences of the average American appear to have only a minuscule, near-zero, statistically non-significant impact upon public policy." The long-awaited definitive study, "Testing Theories of American Politics: Elites, Interest Groups, and Average Citizens" (Martin Gilens, Princeton University and Benjamin Page, Northwestern University) has far-reaching implications, beyond borders.

And *Capital in the Twenty-First Century,* a massive, definitive, jaw-dropping study of inequity by Thomas Piketty, is sweeping the world. It's an urgent call for wealth taxes – global, if possible – to restrain unprecedented, skyrocketing, inherited wealth that threatens to push democracy back into the Dark Ages.

The Commons had been central for most of human existence until people's habitation was slowly worn down into privilege for the aristocracy and finally taken away. Land was enclosed. But the market was freed, released from community, morality, and more recently, accountability.

What had previously been described as greed had become desirable, even famously "Good." Markets became even more dominant, especially during the Reagan-Thatcher '80s when business aggressively propagandized "free market" privatization. Corporations named public spaces, including stadiums, libraries and university buildings, while writing them off in unpaid taxes.

Common-good thinking had once balanced self-interest in public policy. Stripped away through deregulation and cutbacks, checks and balances became window dressing and impact assessments, meant to mitigate disaster, at best.

It's no surprise then that public consultation is endangered, if not extinct, and protest, less and less effective. For example, oral presentations to the Enbridge NEB Joint Review Panel – which gave a thumbs-up to the pipeline – tallied two people speaking for the project; 1159 against. Control has been concentrated into a tiny, numerically shrinking elite. In the language of the Commons, "enclosure" and "clearances" – acts of privatizing and commodifying previously shared resources – are once again evident in one-way thinking, even imagining, of what's real and do-able. Edward Snowden spoke passionately in defence of the Internet at the Vancouver TedTalks... against a '2.0 Enclosure Act.' (See the article "Take back our Internet from NSA & Prism, *Common Ground*, April 2014.)

It's become increasingly difficult to even discern the common good in complex daily life. We've been sucked into divisions, ceaseless novelty and distraction, frenzied competition and non-stop "information" – but little wisdom. The disappearance of an airliner is the top story for months, with little or no mention of climate change, corruption, food safety, security and a US putsch in Ukraine.

The Commons movement is fuelled by: a growing awareness of big agriculture's overriding concern with efficiency, profit, chemical processing, GMO's and trumping ecological stewardship; by reports of rip-and-run resource extraction such as fracking Earth's gas, which ruins the water table; by copyright industries cynically treating culture as tightly *continued p.6...*

... ***Commons*** *from p.5*

controlled "product."

Cracks in capitalism are opening up new attitudes and more feasible Commons, proliferating in alternative currencies, collectives and countless natural resource trusts.

Common wealth is being created by commoners. Often, no cash is exchanged, no contracts signed, nothing added discernibly to the GDP, but much improving life. Much of the Commons remain under the radar, outside the glare of corporate media. Value is accruing through circulation, rather than accumulating in myriad tax havens and schemes.

Humans progress, of course, including re-thinking the conventional knowledge that we're all selfish, utility-maximizing, materialists. Darwin's "survival of the fittest" seems to champion competitive individualism. But he also argued that humans are innately drawn to community and cooperation. In fact, he ranked this instinct as important as any other, concluding that evolution requires a working out of these tensions.

Postmodern scientists – associated with chaos theory and quantum physics – have discovered, that, in nature, everything is one. Matter dances in intricate, infinite interconnection, interrelated in ongoing dialogue and self-organizing co-creation.

Elinor Ostrom was awarded the Nobel Prize in Economics (2009) for landmark work on The Commons, as more closely modelled from nature, mutual trust, a shared sense of common good and sustainable, ecologically friendly management. This new understanding simultaneously supports traditional knowledge, debunking the worldview of nature as inert and subject to the dominion of humans. Common good may once again mean something – more akin to Aboriginal culture where self-respect and social esteem were earned by sharing generously, adding to general community welfare, fulfillment of self within shared well-being.

Critics may dismiss the rise of Commons consciousness as "utopian." Evidence to the contrary is close at hand. The magazine you are reading is free, thanks to advertising support from enterprising and visionary individuals committed to health, community, peace and justice.

Two Local Examples

In Nelson, BC, the 12,000-member Kootenay Co-op – Canada's most successful natural food co-op – was bursting at the seams. Two years ago, they purchased the former Extra Foods supermarket site in the heart of downtown and launched "Nelson Commons." After extensive community consultation, project plans – in a scale unprecedented for a co-op – include a 20,000 sq. ft. store, additional retail space and also 54 condo units. Co-op membership loans raised $1.8 million. And in financial partnership with the Nelson and District Credit Union and Vancity, half of the Nelson Commons units have been sold with construction slated for this summer, a model for co-ops and progressive commons housing initiatives. For more information on the project, visit www.nelsoncommons.ca or call 250-352-5847.

On Gabriola Island, in 2010, a ground-breaking public trust was formally recognized – the first in Canada –

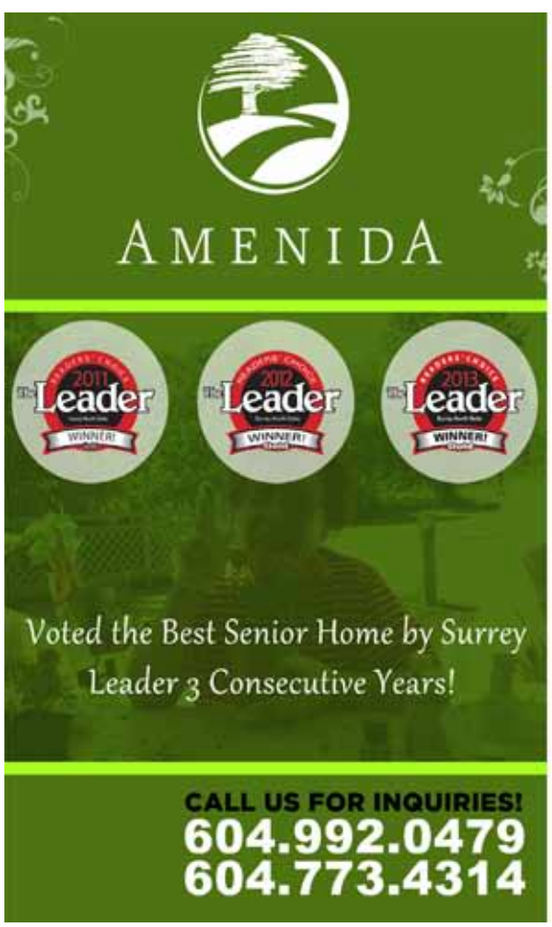
Nelson Commons

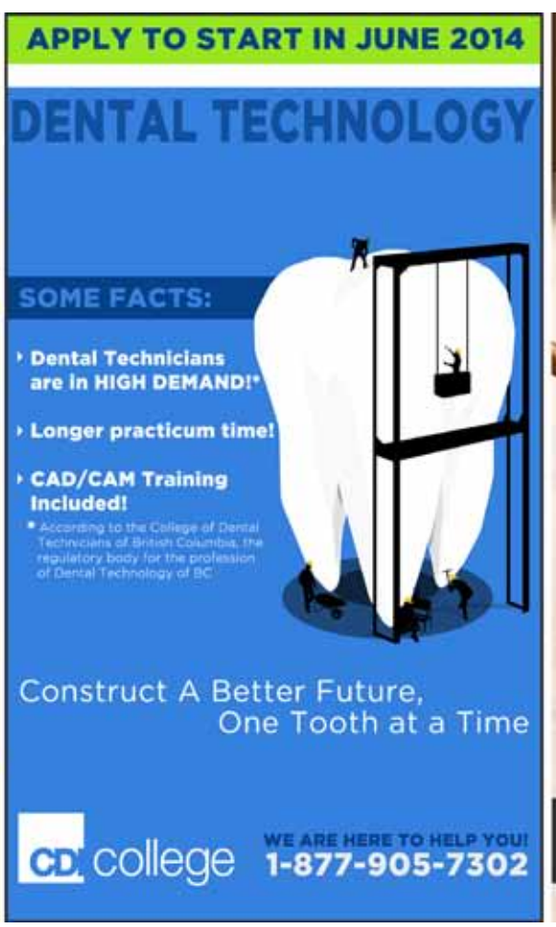
"in perpetuity for the benefit of the land and the people … not favouring one generation over another," democratically engaging co-creation rather than consumption, by participants, not volunteers, in the Gabriola Commons (www.gabriolacommons.ca/).

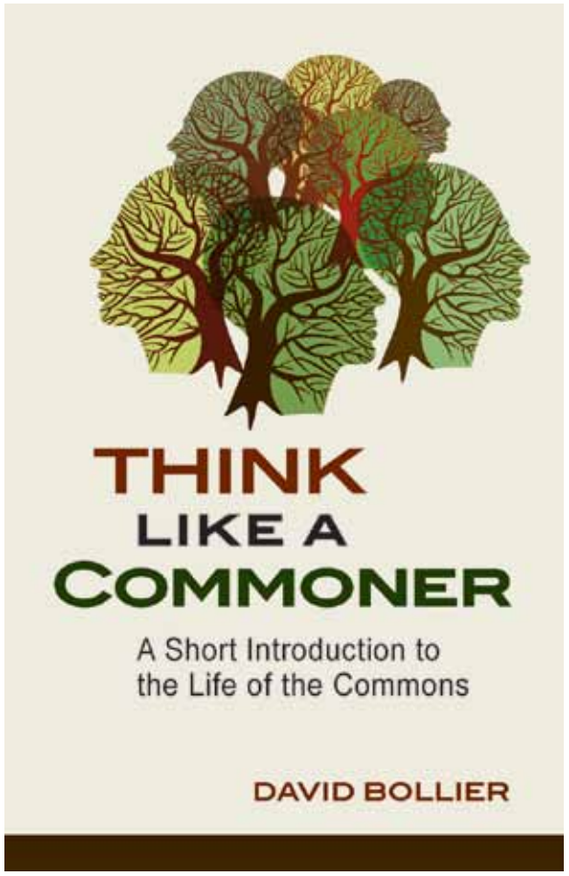
The contemporary Commons movement is a source of hope to recover dignity and self-determination, a way of life and being human – with enormous potential for meeting people's needs more effectively while establishing limits on exploitation for profit.

Think like a commoner and a shared world based on fairness, participation and accountability is closer than you think. Act like a commoner and learn how to rebuild and reclaim our shared inheritance.

See "Rethink, reclaim The Commons" on page 7.




APPLY TO START IN JUNE 2014
DENTAL TECHNOLOGY
SOME FACTS:
Dental Technicians are in HIGH DEMAND!*
Longer practicum time!
CAD/CAM Training included!
* According to the College of Dental Technicians of British Columbia, the regulatory body for the profession of Dental Technology of BC
Construct A Better Future, One Tooth at a Time
CDT college
WE ARE HERE TO HELP YOU!
1-877-905-7302



Rethink, reclaim The Commons

Much is now being written on the Commons, including two new books outlined below from New Society Publishers, which prides itself on providing "tools for a world of change and books to build a new society." (www.newsociety.com)

Think Like a Commoner: A Short Introduction to the Life of the Commons

by David Bollier

The challenge is to learn to *see* The Commons and more importantly, to *think* like a commoner. For years, David Bollier has explored The Commons as a policy strategist and an international activist. He has spent his time writing and collaborating and editing 12 books as well as founding onthecommons.org and blogging at Bollier.org

"It's no exaggeration; it's taken 15 years to write this book," he says of *Think Like a Commoner: A Short Introduction to the Life of The Commons.*

"There was no easy introduction to give to my mother, students or my friends. After an odyssey of reading, debating, conference-going and reflecting, I decided to circle back, in short chapters, exploring political and economic implications, dozens of activist fronts, working projects and the international movement.

"We know the dismal performance of corporate capitalism and government, the alarming privatization of countless public resources. Real-life Commons provide a vital counterpoint.

"When people decide to manage and steward a resource collectively for the benefit of all, Commons are created. But when users start behaving as consumers and producers – rather than collective managers – it's the beginning of the end.

"Not just a resource, Commons include the community that manages them and rules, values and practices. They vary immensely world-wide. That's what makes them so durable and hardy – adapted to locality, ecosystem, resource and *continued p.34…*

OregaPet
Powered by Oil of Oregano
Tested on Humans for Pets
Disinfect Your Pet Inside and Out!
www.oregapet.com
Brought to you by Joy of the Mountains™
Info / Orders: 1.866.547.0268

Train for a **Career** as a **Certified Nutritional Practitioner!**

Earn a Diploma in Applied Holistic Nutrition

The Institute of Holistic Nutrition

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins September 2014

For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

Scientists' careers on line in climate wars

Andrew Weaver

The lengths that scientists will go to highlight the danger of runaway climate change is the subject of a new, short video by Vancouver-based icycle.ca productions ltd.

The video, released on April 24, is part of icycle.ca productions' campaign to raise $10,000 to help complete the hour-long documentary *Running on Climate*. View the clip and campaign at www.fund.runningonclimate.com

The clip looks at the motivations for University of Victoria climatologist Dr. Andrew Weaver's successful run for provincial office in the riding of Oak Bay-Gordon Head in Victoria. It also features Simon Fraser University Environmental Economist Dr. Mark Jaccard, one of the more high profile scientists to state he would resort to civil disobedience to prevent expansion of Canada's carbon footprint. Scientist and broadcaster Dr. David Suzuki, a household name in Canada, also features.

Running on Climate is a feature documentary being made by Robert Alstead and Jo Clarke of icycle.ca productions ltd. The documentary focuses on the riding of Oak Bay-Gordon Head, in the provincial capital of Victoria, where world renowned climatologist Dr. Andrew Weaver ran and won the seat for the BC Green Party. It was the first time the Greens, often dismissed as a "fringe" party, had won a provincial seat in Canada. He won over 40% percent of the vote, an increase of more than 400% for the B.C. Green Party in that riding from the 2009 election.

While a professor at the University of Victoria, Weaver was among the scientific advisers who helped develop a package of climate change policy initiatives in BC, including the introduction of North America's first carbon tax in 2008 and a legislated carbon emissions target for 2020. The BC carbon tax is often held up as a model for pricing carbon.

The election of a lead author on the United Nation's International Panel on Climate Change to political office is particularly significant at a time when Canada's federal government has been widely condemned for muzzling of its scientists and a lack of action on global warming.

With commentary from scientists, politicians and ordinary citizens, *Running on Climate* will look beyond the election rhetoric to ask, "What is our responsibility to future generations who have the most to lose from global warming? What is sustainable? And what can an individual feasibly do, here and now, to prevent the planet careening toward catastrophic climate change?"

About Robert Alstead

Robert Alstead is a journalist and filmmaker based in Vancouver, BC. He has written a monthly movie review column for *Common Ground* magazine since 1993, with a special focus on documentaries about social and global change. He previously directed *You Never Bike Alone* (www.icycle.ca/youneverbikealone) and began following Weaver before his nomination as the Oak Bay Gordon Head candidate for the BC Greens.

The **Running on Climate** crowdfunding campaign continues until Saturday, May 24 at 9:42AM at www.fund.runningonclimate.com

NEWSBITES

May 10 a critical day to defend our climate

By Caitlyn Vernon and Torrance Coste

The science is clear: climate change is the greatest environmental challenge of our time. We are already seeing the impacts of climate change in BC, most recently with shellfish dying – and workers losing their jobs – due to ocean acidification. But our political leaders are ignoring this urgent reality.

The federal government is gutting environmental regulations, muzzling scientists, denying public participation in environmental reviews and disregarding its own laws for species at risk – all in the service of promoting tar sands pipelines. Our provincial government has pinned our economic future on the massive expansion of liquefied fracked gas – while ignoring the massive impacts on fresh water and our climate. Fortunately, most folks aren't buying this.

From Kitimat to Fort St James, from Courtenay to Chilliwack, youth, workers and grandparents from all over the province are passionately committed to stopping these fossil fuel projects – in courtrooms, at the ballot box and in the streets.

> The Federal Cabinet is expected to make a decision in June on Enbridge's Northern Gateway proposal and now is the time to continue making our voices heard.

The Federal Cabinet is expected to make a decision in June on Enbridge's Northern Gateway proposal. Now is a critical time to continue to make our voices heard.

On May 10, people across Canada will be standing up to Defend Our Climate and Defend our Communities. Join us in Victoria or Vancouver or organize an event in your community.

Let's stand together to send a clear and powerful message: industrial projects that will exacerbate climate change and threaten our coast are unacceptable. We can do better. The march and rally in Victoria is part of a National Day of Action, one of dozens of similar events across Canada. Visit defendourclimate.ca for an event near you.

Caitlyn Vernon is Campaigns Director at Sierra Club BC.

Torrance Coste is Vancouver Island Campaigner at the Wilderness Committee.

Take the David Suzuki 30X30 Nature Challenge

Canadians in most of the country that have been dealing with a winter to forget are being challenged to get outside for the month of May and kick start summer early.

"Winter has lasted long enough," said David Suzuki Foundation's Aryne Sheppard. "During the month of May, we're challenging Canadians to add a daily dose of nature to their routines by spending 30 minutes in nature for 30 days. So many of us spend hours in front of computer screens, but for the month of May, the 30×30 Nature Challenge is a fun and easy way to get outside and kick off the warmer months we've been looking forward to."

Sheppard said that getting 30 minutes outside in nature can be as easy as taking a break to walk through a nearby green space, eat lunch under a tree or even hold a work meeting on a park bench instead of a boardroom. And, of course, we should be adding nature to our routine every day, not just during the month of May.

Joining the 30×30 Nature Challenge couldn't be easier. Canadians can simply visit the 30×30 Nature Challenge Website at www.davidsuzuki.org/30×30challenge and sign up with their friends or coworkers. Every day, participants will get fun ideas of how to get outside and get more connected with nature. According to Sheppard, it's more than just fun. "Studies have shown that getting a daily dose of nature can lead to increased mental and physical health, higher levels of happiness and work productivity and a stronger sense of community."

"After the winter we've gone through, everyone from busy parents and children to downtown office workers deserve to kick start their summer a little earlier this year!" Sheppard noted.

The 30×30 Nature Challenge is being presented in partnership with Genuine Health, with generous support from Happenate and Bullfrog Power.

Wholy Tea
THE TOTAL BODY DETOX
THE TOTAL BODY DETOX & CLEANSE
It's as easy as 1,2, tea!
Lose Weight & Reduce Bloating
Effectively Cleanses the Colon
Relieves Constipation & Indigestion
You'll love the WAY YOU FEEL!
In 7 days or less
INNOTECH
1-866-875-5022
Find us on Facebook
www.innotechnutrition.com
$4.00 OFF Wholy Tea Cleanse
Each coupon is valid for one box of Wholy Tea. Coupon is void when reproduced or altered in anyway. Coupon expires on July 15, 2014. Retailers must submit all coupons for reimbursement to Innotech Nutrition within 30 days after the expiration date. Redeemed coupons must be accompanied with a copy of the purchased receipt. Innotech Nutrition 104 Durand Rd., Winnipeg R2J 3T2. CODE: CGMAY

Achieve Mental Health,
the way NATURE intended!

Using our proprietary Apex Biosynthesis Conversion Technology, EMP is able to deliver the proper balance of nutrients to all areas of your body, especially the brain… helping you to become your best self through effective nutrition.

Find it at a local health food retailer near you!

For more information go to truehopeemp.com or call 1-866-397-3121.

www.pacificrimcollege.ca

NOW YOU CAN PROUDLY SAY YOUR career plans ARE IN INFANCY.

PACIFIC RIM COLLEGE

HOLISTIC DOULA
CERTIFICATE PROGRAM

- 270-hour, on-site program
- North America's most comprehensive doula training program
- Integrating medical and birthing practices from cultures around the world
- Includes a post-graduate mentorship program

Now offered in Vancouver and Victoria!

Market Square, Victoria & UBC Robson Square Campus, Vancouver

T 250.483.2119 TF 1.866.890.6082 E info@pacificrimcollege.ca

Mammography's days numbered

The headline that landed like a drone strike on the medical world asked one simple question: "Time to stop mammography screening?" The editorial by Dr. Peter Gotzsche, a Danish physician and one of the world's experts on the science behind breast cancer screening, was published in the *Canadian Medical Association Journal* in November of 2011. Gotzsche's article summarized the science to date and made the strongest argument yet against the alleged values of mammography. The conclusion: "If screening does not reduce the occurrence of advanced cancers, it does not work."

From scouring the evidence from trials involving thousands of women over many years, you would think there would be substantial evidence showing that women who are screened, versus those not screened, would have a substantially reduced risk of dying from breast cancer. Problem is, that's not at all what the science says. In fact, the opposite is more likely true. Gotzsche follows this to the logical conclusion with a very provocative line: "The most effective method we have to reduce the occurrence of breast cancer is to stop screening."

Let's give this some context: if what Dr. Gotzsche said is true, the multi-billions of dollars spent around the world every year to try to detect and prevent breast cancer from killing women is likely wasted. Not only could these huge screening programs be a total waste of health budgets, they could be making it worse for women by not providing effective kinds of protection. The fact that his article appeared in a Canadian medical journal might subtly suggest that perhaps Canada should be the world's first country to put the brakes on breast cancer screening; some of the best research on screening mammography has been done right here in this country.

Well, I'm here to say Canada didn't win that prize. But more on that later.

There is no doubt the subject is highly controversial – and explosive. With the fate of mammography screening at stake and independent scientists like Peter Gotzsche and others finding very troubling truths, you can imagine the counter-reaction is volatile and well-funded. After all, in the US alone, nearly $8 billion a year is spent on carrying out the mammograms, doing biopsies and surgeries, delivering chemotherapy and drugs as well as providing the salaries of the radiologists, nurses and physicians, it all adds up. Ultimately, many people derive their income from keeping mammography programs alive. This ship is not likely to alter course quickly as old beliefs die very hard, even as one wise man said, "when demonstrably false."

But how false is it? To get the 'long view' on breast cancer screening, a recent study published in February of this year in the *British Medical Journal* quantified the unnecessary harm caused by mammography screening. Canadian researchers Anthony Miller and Cornelia Baines at the Dalla Lana Faculty of Public Health in Toronto were early pioneers of breast cancer screening research in Canada and began studying it in 1980. Their study, the Canadian National Breast Screening Study, continued to assess the effects of breast cancer screening after 25 years of follow-up and found that "Annual mammography in women aged 40-59 does not reduce mortality from breast cancer beyond that of physical examination or usual care when adjuvant therapy for breast cancer is freely available."

It's not that it doesn't "work" in reducing breast cancer deaths, but that they were able to quantify the level of overdiagnosis. They write, "Overall, 22% (106/484) of screen- detected, invasive breast cancers were overdiagnosed, representing one overdiagnosed breast cancer for every 424 women who received mammography screening in the trial." Among the harms to these women are many false positives, unnecessary biopsies or overdiagnosed breast cancer that would never have gone on to hurt the woman. With over 60 online 'comments' published following that article, it's one of the most insightful sets of 'back and forth' discussions on breast cancer screening you will ever read.

"Yes, but my life might have been saved," breast cancer survivors will say,

refusing to believe that mammograms are now considered useless. Gotzsche said the world has turned the corner on mammography screening programs for two main reasons: very effective therapies for women who do develop breast cancers (drugs like tamoxifen and chemotherapy) and more self-awareness. Today, perhaps compared to 25 years ago, women have a heightened awareness of breast health and would be much quicker to see their doctor if they notice something unusual. I'd add a third reason: women are now not taking estrogen for menopause as they did for decades believing it prevents heart attacks or cancers. The single biggest cause of the reduction in breast cancer deaths in the last decade is the fact women have largely stopped taking a drug that was causing breast cancer!

Yet the popularity of mammography persists, kept aloft by almost a half-century of promotion, hype and overpromises. The advocates, those women who say they owe their lives to screening, as well as health professionals – mainly radiologists and others who have benefited from this aspect of the 'war on cancer' for the last few decades – can be particularly nasty in their criticism of people like Peter Gotzsche, Anthony Miller or Cornelia Baines.

The recent *BMJ* publication drew out all kinds of invective and poison directed at Cornelia Baines and her colleagues. Even the *BMJ*, one of the world's most respected medical journals, was accused of being a "leading mouthpiece of anti-mammography articles" and Peter Gotzsche was labelled "the most vocal and prolific anti-mammography voice out there." One writer said he is already responsible for the deaths of thousands of Danish women due to his views and that "Thousands more women will die worldwide if they and their providers believe the lies that you are spreading."

Researchers like Cornelia Baines, who has been accused of carrying out a "personal vendetta against mammography" has faced harassment and distortion of her data for over two decades. One particularly poi-

The single biggest cause of the reduction in breast cancer deaths in the last decade is the fact women have largely stopped taking a drug that was causing breast cancer!

sonous email sent to her and colleague Anthony Miller from two prominent radiologists said, "May the faces of the thousands of women who have died, and will continue to die, prematurely because of you, continue to haunt you in your dreams, and in your nightmares."

It has taken a long time, but the world is finally starting to vindicate what these researchers have been saying.

In fact, as I sat down to write this (mid-April, 2014), an article was published in the *New England Journal of Medicine* this week that seemed to answer the question Peter Gotzsche asked nearly three years ago about which country was going to be the first to stop mammography screening.

It could be the Swiss might be the first to dismantle systematic breast cancer screening. In a report prepared by the Swiss Medical Board (a group that assesses medical technology), the authors wrote that mammography screening may prevent one death out of every 1,000 screened women, but there was no proof that screening programs affect overall deaths. In other words, echoing the work of Baines, Miller and Gotzsche, the mantra that "Mammography saves lives" is simply not true.

The authors of that article concluded by saying, "It is easy to promote mammography screening if the majority of women believe that it prevents or reduces the risk of getting breast cancer and saves many lives through early detection of aggressive tumours. We would be in favour of mammography screening if these beliefs were valid. Unfortunately, they are not and we believe that women need to be told so."

I was essentially saying the same thing when I published *Seeking Sickness* two years ago. You can try to push an agenda and a belief system, but, at the end of the day, clear, unbiased information which promotes the right care for the right patient and avoids overdiagnosis and overtreatment is the best path of all.

Alan Cassels is a pharmaceutical policy researcher and the author of **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease,** which has an entire chapter devoted to the breast cancer screening debate.

Helping people attain optimum health.
cleanse • replenish • revitalize
Weighted Acu Hula Hoops®
BAREFOOTSCIENCE
Patented Insoles
Structured Water Units
Forever Alkaline Water Stick Purifier
Earthing Mat
EARTHING
UNIVERSAL MAT KIT
Who shops at Triangle? People who want to transform their health
Springless Mini Trampoline
bellicon
Kenrico Lifetime Ion Shower Head
ION SHOWER HEAD
Teeter Hang Ups
New Designer Series Blender
Blendtec
TRIANGLE Healing Products
250.370.1818 I 1.888.370.1818 I 770 Spruce Avenue, Victoria I www.trianglehealing.com
Triangle Healing offers an amazing range of well-researched products that enhance well-being!

Picky little eaters

As many parents can attest, toddlers and preschoolers typically go through a stage where they become picky eaters. Whereas some are picky from the start, for others the pickiness starts suddenly. A meal that has been served many times is set in front of the child and is met with, "Yuck! I hate that!" and a refusal to eat.

While there's no way to "cure" picky eating, certain strategies can minimize the situation. Without being forceful or sneaky, you can create a climate of willingness for kids to try new foods and share in family meals. These approaches build a foundation of good nutrition for your child and instil life-long healthy eating habits.

Make mealtimes pleasant: This is also called "being good company." While many practical tips can work, they won't be effective unless the right foundation is in place. They may even (unintentionally) make the situation worse. Being good company is the foundation upon which other strategies can be built. This involves choosing to talk about any pleasant topic at the table except what is or isn't being eaten. Yes, this means avoiding the words that want to fall readily out of your mouth, "Eat two more bites of your peas." Naturally, you want your child to eat what you've prepared, but admonishing only backfires. As the saying goes, your actions speak louder than words. You made the meal and you put it in front of your child. It's obvious (even to little ones) that you want them to eat it. Nothing need be said.

Repeat, repeat, repeat: It's difficult to have the requisite patience when your little one rejects a food you'd really like them to eat. But studies show the more times you present an item, the more likely it is a child will eat it. Studies also indicate that while it takes on average 10 times before a child will try a new food, parents usually give up after five offerings.

Allow touching, smelling, licking and spitting out: All of these activities let a child get to know the food. For many little ones, putting a food in their mouth is a very intimate action. Encourage them to explore sensory aspects of the food; in these ways, they work themselves up to swallowing it.

Be a healthy eating role model: Serving a healthy meal and role modelling eating (and enjoying) it sends the message loud and clear that you want your child to eat the food. The number one way to guarantee your kids won't eat vegetables is by not eating vegetables yourself. Role modelling is especially important for the parent of the same gender. For example, little boys quickly learn that 'boys don't eat vegetables' if mom eats veggies but dad doesn't.

Kristen Yarker is known as the "dietitian who transforms picky eaters into food- confident kids" from the introducing solids stage through the picky eating years. Get scientific evidence-based answers to real questions from real parents (recipes too). Sign up for her 101 Healthy Snack Ideas at vitaminkconsulting.com

Vesanto Melina is co-author of the new **Becoming Vegan: Express Edition**, winner of the 2014 Canada Book Award. www.nutrispeak.com and www.becomingvegan.ca.

The Institute of Holistic Nutrition

"The Industry leader in training nutrition professionals"

OPEN HOUSE 2014

Relax, Enjoy Refreshments & Attend Complimentary Lectures

SATURDAY MAY 24th | Vancouver Campus 604-558-4000 | 10:00am - 3:30pm

604 West Broadway, Suite 300 (one block west of the Cambie & Broadway skytrain station)

10:00 - 11:30 am Fitness & Sports Nutrition
Optimal You: Recharge your diet and lifestyle to a healthier version of you
With Scott Andrews, CNP RNCP CPT

12:00 - 1:30 pm The Fundamentals of Nutrition
Nutrition and Neurological Health:
Discover what you don't know about nutrition and your brain
With Dr. Matthew Greenwood, ND

2:00 - 3:30 pm Nutritional Pathology
Stress & Immunity: The Cortisol Connection
With Dr. Jason Marr, ND

- Info on Course / Curriculum & Career Opportunities
- Natural Health Exhibit & Holistic Food Samples
- Live Blood Cell Microscopy Sessions
- Iridology Sessions
- Book Sale
- Win Door Prizes

View Lecture Descriptions at:
www.instituteofholisticnutrition.com

Academy of Classical Oriental Sciences

東方古典科學院

Cultivate yourself and learn to heal others

3, 4 and 5 year programs in Chinese Medicine: Acupuncture, Chinese herbology, Tui Na massage, diet therapy, Qi-gong, western medicine component, Chinese language component

Financial assistance may be available

For more information call 1-888-333-8868 or visit our website www. acos.org

PCTIA ACCREDITED

303 Vernon St., Nelson, BC Canada V1L 4E3

"Since taking ***Nutri-Flex***, I've experienced full pain relief in my hands and about 60% - 70% relief of back pain. I can now wood carve again!"

▶ **Joe H. - T. Lake, ON**

Take One Liquid Tablespoon A Day
nāka
Nutri-Flex SUPREME
Help to fight
JOINT AND ARTHRITIS PAIN
with this superior liquid suspension.
Featuring Glucosamine Hydrochloride, Hydrolyzed Collagen, MSM, Turmeric, Devil's Claw, Bromelain, Boswellia, Vitamin D
Plus Parsley, Celery, Dandelion and Hyaluronic Acid!
Great tasting Natural raspberry flavour
NPN 80044431
500 ml

Nutri-Flex SUPREME is an advanced joint care formula that features the supreme effectiveness of powerful herbal ingredients for inflammation and pain relief in a great raspberry flavoured liquid suspension.

With the development of ***Nutri-Flex SUPREME*** Naka has taken the evolution of arthritis and joint pain relief to new heights. Make the supreme choice today to help you enjoy a pain-free life!

The ***Liquid*** Advantage

- **Liquids are more quickly and easily absorbed vs. capsules, tablets and softgels. With liquids, partial digestion occurs in the capillaries of your mouth as capsule disintegration is not required.**
- **Liquids are fully dissolved upon ingestion - allowing for absorption of key nutrients along the entire gastrointestinal tract.**
- **Liquids are a welcome alternative for people who have trouble swallowing solid pills, particularly children and seniors.**
- **Due to enhanced absorption efficiency, lower dosage may be possible.**
- **Liquid formats contain no fillers, binders or coatings that may interfere with optimal dissolution.**

nāka

www.NakaHerbs.com

Live well and live healthy with Naka herbs and vitamins

Check us out on

Available exclusively at fine health food retailers.

The information in this flyer is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

Sustainable Paper Products
from Bamboo & Sugarcane

Strong yet luxuriously soft
Chlorine & fragrance free
100% biodegradable
Save trees
Preserve forests

caboo

Bamboo and sugarcane are some of the fastest growing grasses on earth, making them a sustainable alternative to harvesting trees. Caboo products include bathroom tissue, kitchen towels, facial tissue & napkins, and can be found in over 200 stores including Choices Markets, Whole Foods, Urban Fare & Spud.ca. **Find out more at caboopaper.com**.

Introducing

Crio Brü™
brewed cocoa

Cocoa...the way it was meant to be.

ROASTED AND GROUND
COCOA BEANS
THAT BREW JUST LIKE COFFEE.

Crio is made with one ingredient - 100% pure, premium cocoa beans - one of nature's most amazing superfoods, offering sky-high antioxidant value, mineral benefits and natural energy.

100% COCOA
Brews Like Coffee

- 0g Fat
- 0mg Cholesterol
- 0g Sugars
- 10 Calories
- 0mg Sodium
- Gluten Free

www.criobru.ca
800-884-9710

GMO Bites

GE poplars condemned

On April 9, scientists and environmentalists condemned a press release by researchers at the University of British Columbia announcing they have created genetically engineered (GE) poplar trees for paper and biofuel production, opening the prospect of growing these GE trees like an agricultural crop in the future.

The poplars were genetically engineered for altered lignin composition to allegedly make them easier to process into paper and biofuels. Groups, however, warn that manipulation of lignin and the potential contamination of wild poplars with the GE trait could be extremely dangerous.

Lignin is a key structural component of plant cell walls and a major component of soils. It is also the product of millions of years of natural selection favouring sturdy, healthy and resilient plants. Contamination from GE poplars with altered lignin could have devastating effects on forests, ecosystems, human communities and biodiversity.

Poplars, which include at least 30 species, are widespread throughout the Northern Hemisphere and have a high potential for genetic dispersal.

Your continued protest, culminating in last year's national Day of Action to Stop GM Alfalfa, has delayed the release of GM alfalfa in Canada.

"Because poplar trees generate so much pollen and seed that can travel so far, poplars genetically engineered for paper or biofuels are likely to inevitably and irreversibly contaminate native forests," stated Anne Petermann, Executive Director of Global Justice Ecology Project. "The only way to prevent this potential ecological disaster is to stop the release of GE trees."

Martha Crouch, PhD, a plant biologist consulting for the Center for Food Safety, is likewise concerned. "The reports that genetic engineers have restructured poplar wood to make it easier to process into biofuels makes it sound as if this technology is right around the corner. However, no ecological studies have been done yet and methods for keeping genes from escaping into forests are unproven and likely to fail... " she concluded.

Commercial and industrial scale biofuels and bioenergy are creating vast new demands for wood... Rainforests in Indonesia are being burned to make way for plantations of oil palm, for example. Genetically engineering trees to be easier to manufacture into bioenergy will further contribute to the problem by increasing economic pressure to convert land into GE tree plantations.

Rachel Smolker, PhD, co-director of Biofuelwatch adds, "The whole idea of engineering trees for biofuels is outrageous. There is no question that we must end our fossil fuel addiction, but pretending we can simply substitute living plants is horribly misguided."

GM alfalfa release delayed

Your actions are working. Thanks to all your protest, we have kept GM alfalfa off the market this spring. The company Forage Genetics International (FGI) will not release genetically modified (GM) alfalfa this spring, thanks to farmer and consumer opposition. Your continued protest, culminating in last year's national Day of Action to Stop GM Alfalfa, has delayed the release of GM alfalfa in Canada. Thank you for taking effective action with CBAN.

Even though the Canadian government has approved GM herbicide-tolerant alfalfa, it has not yet been sold in Canada. The GM alfalfa uses Monsanto's GM "Roundup Ready" herbicide tolerant trait and would be sold by Forage Genetics International.

The industry launched a "coexistence plan" last year that failed to allay concerns about contamination from GM alfalfa and farmer and consumer protest continues.

Donate today. Your continued action and support is needed as we work to protect family farms from GM alfalfa contamination. Join us.

From Canadian Biotechnology Action Network (CBAN), www.cban.ca

Speaking the truth: Food for the Future

Everyone is a food activist when they are hungry, but questions come slowly to the bellyful. – Jeremy Loveday.

Jeremy Loveday's video-poem, *Masks Off – A Challenge to Men*, garnered more than 820,000 views. It also sparked global debate and attracted media attention from Brazil to Zambia. The Victoria-based performance artist hopes his latest work will be even more successful. After all, *Food for the Future: Stand up for Local Food Systems*, is about food security, a challenge that is urgent, universal and one that humanity can and must meet. View the video at www.youtube.com/watch?v=_0ib5ixA90I.

The two-and-a-half-minute video begins with a local focus, in Victoria on Vancouver Island where folks spent $5.4 billion on food in 2006; gross farm receipts were $163.7 million, representing only three percent of the total spent on food. And current food stocks would last only three days after a disaster. "Nine meals each, if we are lucky," says Loveday, who adds, "Everyone is a food activist when they are hungry, but questions come slowly to the bellyful."

Videographer Lliam Hildebrand utilizes three key locations: a big-box store, the BC Legislature and Woodwynn Farms, a 193-acre organic farm and therapeutic community for the homeless. The ultimate goal: cultivation and perfection of human beings as well as growing crops. As part of Woodwynn's "Creating Homefulness" program, 400 new fruit trees have been planted and acres of mixed vegetable gardens developed.

I caught wind of the video on Common Sense Canadian (www.commonsensecanadian.ca), a site which offers "an uncommonly sensible take on our economy and environment." The posting of Food for the Future included a link to warnings from leading, independent agrologists about the BC Liberal government's intention to flood and impact more than 30,000 acres of fertile farmland for the Site C Dam – land that could feed one million people if its agricultural potential was allowed to flourish.

"Awareness is our first step in the march to food justice," says Loveday. "With our forks and pitchforks, we have an opportunity to rebuild a community that is capable of feeding itself.

With the goal of "making 'locally grown' more than a catchphrase of the week," he hopes "we place our love of the soil ahead of addiction to oil..." Loveday notes, "Every bite counts but food security is more than full bellies; it is the difference between medicine and healing... And the people are hungry for change."

A two-time Victoria Poetry Slam Champion, Loveday performs at festivals, coffee shops and on street corners. He spearheaded a project to create a youth poet laureate position in Victoria – the only one in Canada – and has been the Director of Youth Outreach for the Victoria Poetry Project for the past four years.

A living, breathing example of the wisdom of invest- *continued p.29...*

The posting of *Food for the Future* included a link to warnings from leading, independent agrologists about the BC Liberal government's intention to flood and impact more than 30,000 acres of fertile farmland.

Real Raw Food
Distributor of Organically Grown Truly Raw Foods
WHOLESALE TO EVERYONE
Pure unheated, unpasteurized, non-GMO, gluten-free nuts, seeds, dried fruit, cacao, coconut oil & sugar, spirulina, maca, chia, vanilla, honey & more...
www.realrawfood.com
Call 250-496-5215 • Naramata, BC

PASTURE TO PLATE
www.pasturetoplate.ca
1420 Commercial Drive,
Vancouver, 604 215 0050
MEAT
AS IT OUGHT TO BE
– CERTIFIED ORGANIC
– CERTIFIED DEMETER CANADA
– GRASSFED
– RESPECTFULLY HARVESTED
– DRY AGED
– 100% BC

Eco Solar Cool
Green Technology
Energy Efficiency
Power Bill Savings
On or Off-Grid
EcoSolarCool produces clean, energy-efficient and stylish solar-powered refrigerators and freezers.
Our stainless steel upright refrigerators range from 4.1 - 7.1 cubic feet.
Our white, dual-purpose EcoSolarCool chest freezers can be used as either a refrigerator or freezer and range from 3.5 - 11.1 cubic feet.
Generate your own energy, save money & become self-sufficient.
Visit our website www.EcoSolarCool.com for more details including our competitive prices or call us today at 1-800-948-0338.

New for Your Health

Belly Pregnancy Oil

formulated for prevention

Apply to belly, hips, thighs, breasts and buttocks morning and night to prevent stretch marks and to combat the effects of unhydrated, stretched skin. It really works! Made with 100% natural and organic ingredients since 1994. Also available at Whole Foods Markets. Nature's Creations Aromatherapy is a Vancouver-based manufacturer, retailer, wholesaler and day spa of 100% natural, botanical aromatherapy products and services. Nature's Creations has created an alternative aromatherapy and body care company that is pure, sustainable and natural. **www.naturalbeautyskincare.ca**

Your heart has a friend with Nutri Q10 Liquid

Over the age of 40? Well, most likely, your natural Q10 has declined. This can result in the development of heart disease, diabetes, cognitive dysfunction, learning impairment, muscle pain, joint discomfort and decreased immunity. With Nutri Q10 Liquid, you can decrease all of these health risks safely and naturally while improving your quality of life. Nutri Q10 Liquid helps fight obesity, strengthens your heart, improves cognitive function and gives you the energy you need to get through the day. **www.nakaherbs.com**

DEFEND OUR CLIMATE
March for an Oil-Free Coast
SATURDAY MAY 10
VICTORIA, Unceded Coast Salish Territory
OIL-FREE COAST
Music in the park: 12:30pm
(Beacon Hill Park Bandshell)
March to the Legislature: 1:45pm
Rally at the Legislature: 2:30pm
Discussions & Organizing: 3:30pm
(James Bay Community School Centre, 140 Oswego St.)
Part of the National Day of Action, for an event near you, see:
DefendOurClimate.ca
Sierra Club BC
WILDERNESS COMMITTEE

Instant Chaga beverage full of antioxidants

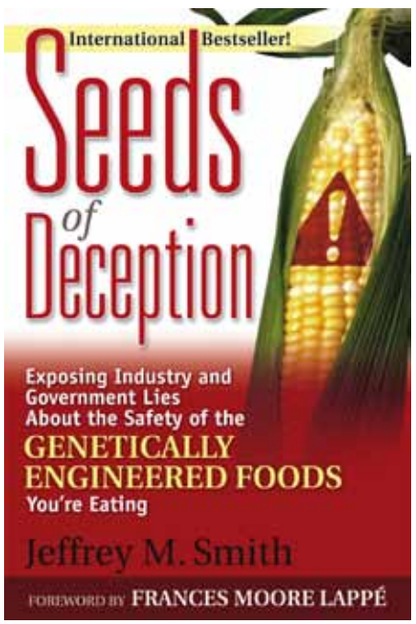
Four Sigma Foods is a health food company founded by a group of Finns. Their vision is to bring medicinal mushrooms and adaptogenic herbs to everyday modern life. FSF Instants are easy-to-use, effective mushroom beverages that can be consumed as a coffee-like hot drink. One of their top-selling mushrooms is a dual extracted, wild Chaga. Chaga use fights against unwanted bacteria, viruses and inflammation. All Instants are vegan and free of additives, gluten, lactose, sugar or soy. **www.foursigmafoods.com**

Caboo – bamboo and sugarcane paper products

Caboo is a Vancouver company offering paper products made from bamboo and sugarcane, which grow back to be harvested within two years without replanting, making them a sustainable alternative to conventional paper from trees. The combination of sugarcane and bamboo fibres makes for a strong, yet luxuriously soft, paper product, 100% biodegradable & whitened without chlorine bleach. Caboo products include bathroom tissue, kitchen roll towel, facial tissue & table napkins. Find them in over 200 Canadian stores, including Choices Markets, Whole Foods, Urban Fare & spud.ca, **www.caboopaper.com**

The what, whys & wheres of GMOs

by Jeffery M. Smith


International Bestseller!
Seeds of Deception
Exposing Industry and Government Lies About the Safety of the
GENETICALLY ENGINEERED FOODS
You're Eating
Jeffrey M. Smith
FOREWORD BY FRANCES MOORE LAPPÉ

What is a GMO?

A GMO (genetically modified organism) is the result of a laboratory process where genes from the DNA of one species are extracted and artificially forced into the genes of an unrelated plant or animal. The foreign genes may come from bacteria, viruses, insects, animals or even humans. Because this involves the transfer of genes, GMOs are also known as "transgenic" organisms. This process may be called either Genetic Engineering (GE) or Genetic Modification (GM); they are one and the same.

Where are they?

In your food! First introduced into the food supply in the mid-1990s, GMOs are now present in the vast majority of processed foods in the US. While they are banned as food ingredients in Europe and elsewhere, the FDA does not even require the labelling of GMOs in food ingredient lists. Although there have been attempts to increase nutritional benefits or productivity, the two main traits that have been added to date are herbicide tolerance and the ability of the plant to produce its own pesticide. These results have no health benefit, only economic benefit.

What foods are GM?

Currently commercialized GM crops in the US include soy (94%), cotton (90%), canola (90%), sugar beets (95%), corn (88%), Hawaiian papaya (more than 50%), zucchini and yellow squash (over 24,000 acres). Products derived from the above, including oils from all four, soy protein, soy lecithin, cornstarch, corn syrup and high fructose corn syrup among others. There are also many "invisible ingredients," derived from GM crops that are not obviously from corn or soy.

Why should you care?

Genetically modified foods have been linked to toxic and allergic reactions, sick, sterile and dead livestock and damage to vir- *continued p.31...*

Registered Massage Therapy

YOUR CAREER IN YOUR HANDS

- Only public college in BC to offer RMT training
- Fully qualified for the professional designation of RMT
- Additional certifications in Subtle Manual Therapies
- Includes university level courses

Apply now for September 2014.

Learn more.
Cora Van Wyck
604.872.3690 | rmt@langara.bc.ca
www.langara.bc.ca/rmt

Langara.
THE COLLEGE OF HIGHER LEARNING.

Awaken your hidden potential.

HEALTH & HUMAN SERVICES, CONTINUING STUDIES

Inspire personal growth and explore career possibilities in health, wellness, and professional development.

FULL AND PART-TIME OPTIONS INCLUDE:

- Cranial Sacral Therapy
- Expressive Arts Therapy
- Healthcare Professional Development
- Holistic Aromatherapy
- Image Consulting
- Integrative Energy Healing
- Medical Aesthetics
- Registered Massage Therapy
- Yoga Teacher Training

Learn more.
604.323.5926 | holistichealth@langara.bc.ca
www.langara.bc.ca/hhs

Langara.
THE COLLEGE OF HIGHER LEARNING.

Learn. Teach.
EMPOWER.

Achieve optimal health,
well-being, and an exciting career with a Diploma in Holistic Nutrition from Canada's leading Holistic Nutrition School. **CSNN** exclusively offers the R.H.N.™ Designation (Registered Holistic Nutritionist), the most recognized designation in the industry.

To learn more about CSNN's Natural Nutrition Diploma program, visit **www.csnn.ca.**

Celebrating 20 Years
Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE®

CSNN Vancouver
604.730.5611
van@csnn.ca

CSNN Nanaimo
250.741.4805
nanaimo@csnn.ca

CSNN Kelowna
250.862.2766
kelowna@csnn.ca

Doing nothing is not an option

We should really celebrate our small blue planet and all it provides every day, but recent events give us particular cause to reflect on our home and how we're treating it.

Through an amazingly ordered combination of factors, this spinning ball of earth, air, fire and water... provides perfect conditions for human life to flourish. But with our vast and rapidly increasing numbers, breakneck technological advances, profligate use of resources and lack of concern for where we dump our wastes, we're upsetting the balance.

We're a relatively new species, but we're altering the geological properties of Earth to the extent that many scientists refer to this epoch as the Anthropocene – from the Greek anthropos meaning "human" and kainos meaning "recent."

When Malaysia Airlines Flight 370 disappeared on March 8, crews in planes and boats set out to search the Indian Ocean. Debris sightings raised hopes that the crash site was located, but they turned out to be endless streams of garbage that humans have been dumping into the oceans for ages – plastic bottles and bags, fishing gear, household waste, cigarette butts, detritus from shipping containers, even bits of space shuttle rocket boosters. We now have massive swirling garbage patches in our oceans and thousands of birds and fish from remote seas turning up dead, their bellies full of plastic and flotsam.

We must tell industry and governments at all levels that we'll no longer support the fouling of our planet.

We're also upsetting the delicate carbon cycle of the planet and its atmosphere, mostly through wasteful burning of fossil fuels. This, in turn, is shifting other natural processes, including the ways water circulates around the globe and climate and weather are regulated.

For a disturbing illustration of the damage we've done and how much more we'll do unless we change our ways, we need only look to the recent installment of the Intergovernmental Panel on Climate Change's Fifth Assessment Report. Findings show we're already experiencing the ever-increasing impacts of global warming: ice caps and Arctic sea ice melting and collapsing; more extreme weather-related events like droughts and floods; dying corals; stressed water supplies; rising, increasingly acidic oceans; and fish and other animals migrating with some going extinct. Unless we act quickly, our food and water supplies, critical infrastructure, security, health, economies and communities will face ever-escalating risks, leading to increased human displacement, migration and violent conflict.

Some argue we must choose between "growing" the economy and protecting the planet. In response, the report states, "Throughout the 21st century, climate-change impacts are projected to slow down economic growth, make poverty reduction more difficult, further erode food security and prolong existing and create new poverty traps, the latter particularly in urban areas and emerging hotspots of hunger."

That's if we do little or nothing – which is not a viable option. We must reduce our individual impacts, but more importantly, we must tell industry and governments at all levels that we'll no longer support the fouling of our planet and the madness of putting short-term economic growth ahead of protecting everything that keeps us alive and healthy.

We elect governments to act in our best interests, not to promote polluting industries at the expense of human health and long-term prosperity... It's time for our leaders to be visionary and steer away from hazards while taking the enormous opportunities offered by renewable energy sources. Meeting this challenge…will offer myriad side benefits... There's no excuse to keep on destroying our home..

With contributions from David Suzuki Foundation senior editor Ian Hanington.

Bill 24 threatens Delta's beauty and agriculture

Tell the government "Hands Off"

by Vicki Huntington

Normally, CBC Radio's Provincial Affairs *segment consists of four minutes of free broadcast time given to BC's "major political parties." Thankfully, CBC did not forget the people of Delta South. As your Independent MLA, I was pleased to take a few minutes and share with BC some of the long-term concerns we face in Delta and which are so close to my heart.* – Vicki Huntington, MLA for Delta South. Her April 9, 2014, segment on CBC Radio's Provincial Affairs follows below.

Good Morning, this is Vicki Huntington speaking. As the MLA for Delta South, I've had the great privilege of being the first independent in the history of the province to be re-elected. My riding of South Delta is home to Ladner and Tsawwassen and is one of BC's most productive farming communities. They have the largest industrial zones in Metro Vancouver and host the largest 24-hour ferry terminal in the world, the largest container port in Canada and the largest coal export terminal in North America. It also has Burns Bog and western Canada's largest landfill. Delta is surrounded by the Fraser River, Boundary Bay and Roberts Bank.

Vicki Huntington

Delta is a complex, fascinating community, and part of Delta's fascination is that it is also home to one of the greatest wildlife migrations in the world. Our agricultural lands, the Fraser River Delta and the mudflats of the foreshore combine to create a great ecosystem that supports millions upon millions of waterfowl and shorebirds on their great journeys north to summer breeding grounds and south to their wintering meccas.

As I speak, the great migration is underway, and it is a sight that fills the soul with beauty, wonder and mystery; dunlins swooping over the mudflats, the world's entire population of western sandpipers guzzling the rare biofilms deposited by the Fraser River, plovers gorging before their long flight, American wigeon and mallards in their thousands gathering to leave the Delta farmlands that have supported them over the winter. They are joined in their journey by 100,000 snow geese and hundreds of tundra and trumpeter swans – millions of birds dependent on Delta's agricultural land and the clean, undisturbed Fraser River Delta.

All of it is threatened, and as usual the threat comes from man's inability to find balance. His quest is always for more and, in the end, the quest destroys those gifts of nature that give wonder to life and that enrich our humanity.

Port Metro Vancouver hopes to double the size of DeltaPort and is relentless in its drive to turn the finest agricultural soil in North America into an industrial park. In Delta, the Gateway strategy has consumed 1,000 acres of agricultural land for highways, access road, overpasses, rights-of-way, the quadrupling of railroad tracks and the purchase of agricultural land for port-related purposes. The provincial government has approved a jet fuel terminal near the mouth of the Fraser River. A catastrophe could kill off the salmon nursery of the Fraser and contaminate the foreshore of Roberts and Sturgeon Banks. Developers have optioned 450 acres of prime soil and hope to build an industrial park to service the port. The Tsawwassen Treaty removed hundreds of acres from the ALR. An industrial park is now at the entrance to the port. The municipality is approving residential developments in agriculturally capable soil.

And now the province has introduced Bill 24, the Agricultural Land Commission Amendment Act. This act is a direct threat to the agricultural land in this province. It opens the door to development on 90% of the land in BC and it's an insidious piece of legislation.

I fear for this wonderfully rich place called Delta. We need your help to protect the lands that support so much life and the lands which produce so much of our food. The security of both depends on us.

Send a message to Premier Christy Clark by signing the petition "Hands off BC's Agricultural Land Commission." Go to www.change.org and search for Bill 24.

Vicki Huntington is the only independent MLA in BC history to have been re-elected for a second term.

The province has introduced Bill 24, the Agricultural Land Commission Amendment Act. This act is a direct threat to the agricultural land in this province. It opens the door to development on 90% of the land in BC and it's an insidious piece of legislation... I fear for this wonderfully rich place called Delta.

1-Year Shamanic Training Program
Institute of Shamanic Medicine
Shamanic Power Initiations Program
Free Information Evening and Experience!
Everyone Welcome! RSVP to info@shamanicmedicine.ca
Vancouver
May 13, 7:30pm
June 16, 7pm
Calgary
May 1 & May 12, 7:30pm
www.shamanicmedicine.ca

Swanwick Centre
near Victoria, BC
An Oasis for your Spiritual Journey
Retreats
Workshops
Rentals
Upcoming Retreats
May 16-18 Approaches to Meditation with Dr. Hillary Rodrigues
June 27-29 Deepening the Stillness based on a recent retreat with Eckhart Tolle
www.swanwickcentre.ca swanwick@shaw.ca 250.744.3354

common ground Celebrating 32 Years

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*
Are you ready to be awakened?
A profoundly spiritual manifesto for a better way of life—and for building a better world.
Plume
A member of Penguin Group (Canada)
www.penguin.com

Mac McLaughlin

StarWise

May 2014

THE PLANETARY GODS are all stirred up, fussing and fighting over all kinds of stuff. Apparently, they run the show and dish out whatever is to come our way karma-wise. We know that Mars has much to do with anger, aggression, war, fire, accidents and incidents. He has centre-stage throughout the springtime and we will hear from him through many acts of disruption, chaos and calamity. It is not the time to shrivel up and slink away, but it is time to face the concerns of the day. On the positive side of the coin, Mars rules over all heroic acts of bravery and valour. He's moving dead-slow throughout the month as he retrogrades until May 20 and begins to move forward once again. While he is moving slowly, he has more power and if he connects to any sensitive places in our charts we get a play or some type of drama manifesting in our lives. It doesn't have to be anywhere near as intense as to what I'm portraying in this column, but it would serve us well to be keenly aware of the potential concerns with Mars on board. We might want to abide by the saying, "A wise man rules his stars and a fool follows them." Forewarned is forearmed is another adage that suits the needs of the times.

I have studied the Royal Family's charts for decades and a time has come in which Prince William and Princess Kate are very much affected by this Mars phenomena. Let us pray they come through this time unscathed, unharmed and safe and sound. The situation in Ukraine doesn't look good and the other trouble spots on the Earth no doubt will be disturbed and disrupted. What to do? How do we handle this powerful energy visiting us from the planets? We play safe, stay safe and in bounds and exercise caution in all that we do. No sense looking down the pipe of the gas tank with a lit match or smoking a cigarette while filling your tank. Using common sense is the key to safety in these shaky times. Love, kindness, patience and caring for one another is truly what is needed.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

Jennifer Berezan
in concert Fri, May 30, 7:30 - 9:30 pm
Canadian Memorial Centre for Peace
1825 W 16th Ave, Vancouver $27
"One of the most intriguing artists in the acoustic music world"
- James Muretich, Calgary Herald
workshop Sat, May 31, 10 am - 4 pm
Canadian Memorial Centre for Peace
1825 W 16th Ave, Vancouver
The Sound of Joy - Music as a Spiritual Practice
Explore opening our hearts to joy with Jennifer Berezan. No musical experience necessary.
$92 (includes Friday concert) Please bring your lunch. www.edgeofwonder.com
Programs in Earth Literacies
www.earthliteracies.org
Register for both events early: earthliteracies@shaw.ca 250-220-4601 or 604-272-4779

NON-TOXIC DRYCLEANING
helpinghand CLEANERS
Water-based cleaning
No perchloroethylene
4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

East is East
Live Music at Main
4433 Main St
(@ 28th)
Thursday ~ Gypsy Music
Friday ~ Persian and Fusion
Saturday ~ Flamenco
WWW.EASTISEAST.CA

ARIES Mar 21 - Apr 19

You thrive on excitement, thrills, spills and danger. You're a Mars type and he is now moving slowly through your opposite sign, Libra, providing all the action you can handle. If the above commentary is not really your thing, you may find certain challenges have come up that you must work on anyway.

TAURUS Apr 20 - May 21

The solar eclipse at the end of April and the full Moon on May 14 both affect your sign strongly. It doesn't have to mean anything too negative, but you might see where you are limited or held back in some way. Changes are in the wind and once you make them relief comes your way.

GEMINI May 22 - Jun 20

Fortunately, you are a dual sign and multi-talented and if anyone can multi-task, it has to be Gemini. You will need this ability throughout May. You will be dealing with the past and the future, settling past accounts and preparing for a very busy future that is fast approaching.

CANCER Jun 21 - Jul 22

It is not the time to look for results, abundance or success. Those things will come in their own time, but at this time you must give your all to whatever you are doing or desire to accomplish. Alliances, friendships and solid connections will help you along. Your timing may be exceptionally good.

LEO Jul 23 - Aug 22

Career and home life are featured throughout the month. Abundant times are just up the road a bit. Use this time wisely by preparing for the future. Situations are ending and you may lose someone you care for or admire. Life is changing and you must change with it. Soon, the days will be bright again.

VIRGO Aug 23 - Sep 22

It's your time to shine. You kind of get a free pass and you can lay back and enjoy the times or do the Virgo thing, which is to work hard and perfect all areas of your life. Education, travel and spirituality are big keys now. Business, publishing and writing are featured topics as well.

LIBRA Sep 23 - Oct 22

Peaceful, loving, sweet and kind are familiar words associated with fair-minded Libra. Now, you may have to fight to attain all those wonderful, cherished qualities. As John Lennon once said, "The peacemakers are warriors and the warriors are peacemakers." Many a famous general or leader has come under the stars of Libra.

SCORPIO Oct 23 - Nov 21

The full Moon on May 14 takes place in your sign bringing illumination and understanding to many facets of your life. Saturn is involved with the lunation and he will help point out what must be done in order to attain harmony and balance. It's time to shed what is old and no longer useful.

SAGITTARIUS Nov 22 - Dec 21

Relationships are of key interest throughout the month. Negotiations of all sorts take place. Joint monies and inheritances may also be topics to be dealt with. It is probable you are thirsting for something deeper and more meaningful and now is the time to do some deep research and probing of the depths.

CAPRICORN Dec 22 - Jan 19

Court battles are likely to go your way as powerful types lend help and support. Romantic energies sprout up out of the fresh spring soil. Career opportunities pop up as well. All kinds of changes are in the wind and you must learn to fly and align with all the changes that are taking place.

AQUARIUS Jan 20 - Feb 19

Career and home topics are heating up as the summer approaches. Travel, education and all sorts of promotional activities take up your time and energy now. Soon, you will have plenty on your platter to ponder. Get real and move towards what you truly desire. A big relationship could be in the works.

PISCES Feb 20 - Mar 20

Your solar money house may hold a surprise for you and you might be the one holding that $50 million-dollar ticket. Your solar house of inheritances is activated strongly as well. It's not just about money, but what you truly deserve may come your way now. Writing, publishing and travel are featured as well.

Open Your 3rd Eye

with Peter Hudoba Spiritual Teacher

Do you wish to see angels, holy beings, Buddhas, nature spirits and other wonders?
Do you want to better help your clients by seeing the blockages in the flow of energy?
Do you want to see the secrets of the Universe? We can help!

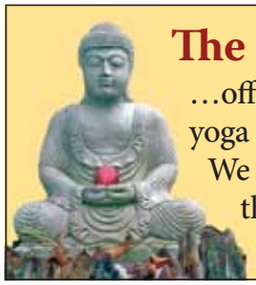
Come along and open your Third Eye!
In our workshop you will learn:

- What is the 3rd eye
- How to open and further develop the 3rd eye
- How to use the 3rd eye for your spiritual journey and for healing

As a bonus, you will receive powerful Spiritual blessings to accelerate the opening of your 3rd eye.

Friday to Sunday • 30-31 May & 1 June 2014
$200 or $150 for 2 days • 10 am to 5 pm
Free Soul Healing Miracles Evenings
Every Friday in May • 7-9 pm
Master Sha's Soul Healing Centre Vancouver
1280 Odlum Drive Vancouver BC
MasterShaSoulHealingCentreVancouver.com

TICKETS AVAILABLE ONLINE
MODERN KNOWLEDGE TOUR Canada 2014
CONNECT - INFORM - ELEVATE - DISCUSS
TORONTO JUNE 6 | THUNDER BAY JUNE 8 | WINNIPEG JUNE 9 | REGINA JUNE 10 | CALGARY JUNE 11 | VANCOUVER JUNE 14
TOPICS OF DISCUSSION
Pyramid Power and Consciousness - The Science of Light - Genetically Modified Foods
UBUNTU Contributionism and a World Without Money - UFOs for Modern Thinkers
10,000 B. C. Gobekli Tepe - Empowered and Sovereign Humanity - The New Atlantis
Lost Civilizations of Southern Africa - Above Top Secret Information - Secret Societies
TICKETS on sale now
VISIT US ONLINE
SPEAKERS INCLUDE
MICHAEL TELLINGER - RICHARD DOLAN
DR. CARMEN BOULTER - GRANT CAMERON
LINDA MOULTON HOWE - KEVIN NADJIWON
WITH SPECIAL VIDEO APPEARANCES BY:
JIM MARRS, DR. SAM OSMANAGICH, SANTOS BONACCI, AND RACHEL PARENT
speakers vary from city to city - please see website for complete details
www.modernknowledge2014.com



The Hermitage Retreat Centre

…offers a varied program of meditation and yoga retreats from mid-May to mid-September. We are located on a 60-acre organic farm near the ocean on beautiful Denman Island.

www.thehermitage.ca • 250-335-3377

COSMETIC HEALING INSTITUTE

Cosmetic Energy Healer
Medical Intuitive

Learn to reverse ageing through the intuitive art of cosmetic energy healing with founder Lily Chandra
– Online courses available –

www.cosmetichealinginstitute.com

Learn to reduce wrinkles, scars, moles, varicose veins, stretch marks and reverse grey back to it's natural colour, remove unwanted hair and regrow lost hair

For more info on Lily and her services visit www.cosmeticenergyhealer.com
• info@cosmeticenergyhealer.com •
• Call 604.518.8668 •

VANCOUVER | Aug 16 - 20, 2014
AMSTERDAM | Sept 15 - 19, 2014
MAUI | Nov 17 - 21, 2014

DOWNTOWN VANCOUVER
YWCAHOTEL
733 BEATTY off ROBSON

For all travellers

A comfortable, safe and affordable place to stay in downtown Vancouver. Our newly refurbished 155 room hotel has A/C, mini-fridges, telephones, TVs, guest area kitchens, wireless Internet access, laundry rooms, a coffee bar in our lobby and meeting rooms!

733 Beatty Street, Vancouver BC
toll free 1 800 663 1424 | **ywcahotel.com**

Profits go to support YWCA community programs such as our hot meal program in Vancouver's Downtown Eastside.

Worth checking into.

Is Modern-day Life Weakening Your Vitality?
Now You Can Have Optimal Health, Energy, Calm & Clarity!

earthcalm
The World Leader in EMF Protection

The healthiest means of protecting and strengthening your body's electrical processes - the driving force behind your body and mind.
Expert help for electrosensitivity EHS

Latest Scientific Study on Human DNA:
With the EarthCalm Quantum Cell attached to the cell phone, DNA transmission ability was no longer inhibited and rose nearly 40% above pre-exposure normal.

Vibrancy Water
Water Structuring Units

Revitalize the 90% of you that is water molecules, with the pure, energizing, effective, and balanced water Nature meant for your body.

Ultimate Technologies. Backed By Science. Powered By Nature.
416-222-2368 1-888-993-9123 90 Day Satisfaction Guarantee **www.vibrancywellness.ca**

What is my purpose?

There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls. – Howard Thurman

Many of my clients who are on a path of growth often tell me they are trying to answer the question, "What is my purpose?" It is as though it is written out there somewhere and they have to figure out what it says. They want to move forward, but feel blocked because they do not know their purpose.

They may look to books or other outside sources to find out how they should be living their lives. They do not just want an answer; they want the right answer – as if there is only one.

Whether we think of our souls as eternal – having chosen this lifetime for learning – or think of ourselves as taking a one-time trip into this world, the purpose of our life cannot be ascertained by looking outside of ourselves. It is we ourselves who interpret the experiences of our lives and determine what we want our purpose to be. There is no mystery. It is not a trick question.

Purpose is not just about career or life work. It is also about who and how we love; it is about honouring ourselves and exploring all of who we are.

The confusion arises due to problems with our inner navigational system. Our true compass is our heart. In most cases, however, we have been conditioned to navigate on the basis of the thoughts or expectations of others or by what society values. I have a sixteen-year-old client who is fascinated by esthetics and skin care and who has done an amazing amount of research on all the latest treatments. She would love to pursue that field, but to do so would disappoint her father, who feels she should be an ultrasound technician. A seventeen-year-old male client is a wonderful jazz musician, but his parents have advised he will not be able to make money pursuing that so he should go into engineering.

In so many ways, we learn that our truth, our innermost feelings, do not really matter. They are less valid than external advice. Is it any wonder an adult who feels his or her soul is yearning for something deeply meaningful looks outside for answers?

Purpose is not just about career or life work. It is also about who and how we love; it is about honouring ourselves and exploring all of who we are and about how we treat our fellow humans. It is about being open to learning and growing. It is about utilizing our life experiences for that growth. It is realizing, as Mother Teresa says, that some people come into our life as blessings and some for learning. The same can be said for experiences. If we are not feeling blessed by them, then look for the learning.

Purpose can be as simple as this kind of learning and growing. This is what makes us alive and present. Howard Thurman says that what the world needs is people who have come alive.

What a loss and missed opportunity it is when a unique individual ignores that uniqueness and instead follows a more common path. The purpose of a flower is to blossom. That is a noble purpose for humans as well and a wonderful way to honour this gift of life.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new "Creating Healthy Relationships" series, visit www.gwen.ca

Just now an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film A Beautiful Mind, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of A New Earth?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect.

I'MPOSSIBLE.
Live the life of your dreams - Don't you think it's about time?
Seminar with elite performance coach and best selling author Rhiannon Rees.
Previous clients include the ABC, X-Files Cast members, Spice Girls, Grey's Anatomy cast members and the Premier Australian NFL winning team. Buy tickets NOW at www.RhiannonRees.co
Unity Spiritual Centre, Vancouver | 6-9pm, May 22nd | $99.00 for one ticket or bring a friend (2 tickets), for $59.00 each.
Limited tickets - don't miss out!
Love LIVING THE DREAM

DOXA preview

Spring is here and with it a new batch of top-notch, international documentaries at the DOXA Festival (www.doxafestival.ca), the west coast counterpart to Toronto's world renowned Hot Docs.

DOXA opens with *Virunga,* at the Playhouse on May 2. The documentary depicts the heroics of rangers protecting Africa's oldest national park in Eastern Congo – and, in particular, the rare gorilla population – from poaching and war. Just last month, the park's chief warden was shot four times in an assassination attempt, showing how dangerous this conservation work is. Judging from the dramatic trailer, this is going to be a powerful and moving one to watch.

The documentary *Microtopia* profiles unique, small dwelling spaces.

DOXA director of programming Dorothy Woodend has gathered a wide-ranging festival of 90 films in 78 screenings. Pop culture gets pride of place with a profile of *Star Trek's* Mr. Sulu and septuagenarian, gay rights activist George Takei in *To Be Takei.* The festival closer on May 11, *A Brony Tale*, looks at the frankly bizarre phenomenon of male fans of *My Little Pony*. At the other end of the spectrum, there's serious political intrigue in *Plot for Peace,* in which a French businessman engineered the release of Nelson Mandela from prison; and Johanna Hamilton's *1971,* an expose of the dirty tricks of Hoover's FBI. In fact, Woodend has devoted a whole strand of documentaries to subterfuge in a spotlight entitled "*Secrets & Lies*."

DOXA also has a good selection of environmental docs. *DamNation* is particularly impressive and pertinent given the BC government's plans to build the Site C mega-dam. Focusing on "how the conversation has changed" with regard to US hydro power, it's beautifully shot and put together with cheeky humour and fascinating insights into the US's legacy of dams. Ultimately, it captures the raw emotion and pure wonder we feel about wild rivers and salmon, particularly after a dam has been demolished.

Microtopia, which profiles small dwelling spaces, is also enjoyable. The homes range from the outlandish to damn cute: there's a floating island of recycled plastic, a pod hanging out of a tree and a shrunken wooden chalet where every inch has been fastidiously built for optimum use. Living space is treated almost as a living art project and it leaves us mindful of how easily clutter creeps into our day-to-day lives.

On the music side, Jeremy Xido's *Death Metal Angola* is a revelatory portrait of how kids at an orphanage in war-torn Huambo are finding a kind of catharsis in a very western brand of hardcore metal. There is also a screening of Robert Elfstrom's 1972 documentary *Pete Seeger: A Song and a Stone*.

Beyond DOXA, it's good to see a big-bucks series such as Showtime's *Years of Living Dangerously* (www.yearsoflivingdangerously.com) tackling the vexed issue of climate change. Harrison Ford and Don Cheadle are among the stars trying to get to the heart of the matter in the first episode (free online).

Robert Alstead is making the documentary **Running on Climate**. Crowd-funding campaign donations are welcome at www.fund.runningonclimate.com

EXQUISITE HOME WITH PANORAMIC OCEAN AND MOUNTAIN VIEWS - $799,000

Architecturally-designed, custom built 4,900 sq ft home with panoramic ocean and mountain views, nestled on the coast of Vancouver Island, in Campbell River, BC

Features 5 generous bedrooms including a huge master bedroom with walk-in closet, 3 bathrooms, dream kitchen with custom maple cabinets, granite counters, heated tile floor and a large entertainment deck overlooking the ocean with gas, electrical hookups and lighting. Open concept main level includes living room, family room, formal dining and breakfast nook. Large theatre room includes large screen HDTV and surround sound.

Lower level has a generous self-contained 2 bedroom suite featuring 12 foot ceilings, designer gas fireplace, unobstructed ocean view, private deck and garden access. Other amenities include: 2 fully equipped laundries, an indoor work shop and plenty of storage space.

The house is meticulously finished with solid oak floors throughout living areas, designer tile floors in the kitchen and bathrooms, Georgian carpeting in the bedrooms, designer lighting throughout. It features coffered ceilings, enhanced by pillars and arches throughout the entrance which is eight feet wide to accommodate wheelchair access throughout the main level.

Large double garage and outdoor parking. Large, fully landscaped yard.

Contact Joseph at 604-733-2215 ext. 27

common ground resource directory the best place to be

Every month, 1/4 million Common Ground readers seek out our resource directory to find services and businesses in alignment with their values We offer frequency bonuses three sizes of listings and a wide range of categories

To book your listing email Sonya
sonya@commonground.ca

Advertising deadline
the 15th of the month prior

Books • Art • Music • Culture	25	Intuitive Arts	28
Business Services & Opportunities	25	Nutrition	28
Dentistry	25	Psychology, Therapy & Counselling	28
Education & Certification	25	Restaurants / Vegetarian	29
Health & Healing	26	Spiritual Practices	29

BOOKS • ART • MUSIC • CULTURE

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES & OPPORTUNITIES

AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• Keeping your old car a few more years could save you thousands of dollars

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• Check out our website for 43 free downloadable fuel saving tips.

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com

DENTISTRY

Af er silence, that which comes nearest to expressing the inexpressible is music.
– Aldous Huxley

Dr. Talebain & family

Quality care with a sense of home comfort

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S
northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics (Braces & Invisalign) • Endodontic • Oral Surgery (& wisdom teeth) • Periodontics (Gum Treatment) • Sedation & Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

EDUCATION AND CERTIFICATION

NEW CLASSES STARTING NOW
Acting Classes – 8 week session
- beginners
- intermediate
- advanced
- private coaching available

Communication Skills Training
Weekend Seminars

ACT NOW
BRUHANSKI ACTING STUDIO, founded in 1980, is a safe, dynamic creative space for actors to learn the foundational skills to perform with honesty and artistry; and for the non-actor, an opportunity to develop greater empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, director, and master teacher, Alex has taught in Vancouver, L.A. and Montreal; was an artist in residence at the Gestalt Institute of Canada; led workshops in prisons and in the mental health community; and volunteered in palliative care programs.
www.bruhanski.com 604-879-2080

EDUCATION AND CERTIFICATION

Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only $5,500US. Part-time (12 month) and Full-time (7 month) programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction - Informational evening talks: **$10.** *See Datebook.*

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. **$395.**

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your effectiveness to a professional level. **$395.** Courses offered year round. *See Datebook.*

Courses accredited CMTBC, RABC, and RAC.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 / Toll free: 1-800-688-9748
www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

Raynor Massage Training and Treatment Centre
Raynor Massage School
Learn by Doing

Raynor Massage School courses are all hands-on, practical without heavy textbook studying or excessive memorization of anatomy. We learn by doing and therefore you will be able to start massaging within the first 2 hours of the class.

Our 5-day Certificate will give you the skills to safely massage your friends and family and our 10-day Diploma allows you to make a career out of massage.

Upcoming course dates:
Kelowna, BC: May 12 to May 23
Kelowna, BC: July 7 to July 18
Vancouver, BC: Aug 4 to Aug 15
Kelowna, BC: Aug 18 to Sept 29
Toronto, ON: Sept 15 to Sept 26
Edmonton, AB: Oct 13 to Oct 24
Mention this ad for special Common Ground rates.
250-681-8834
www.raynormassage.ca

EIN Edison Institute of Nutrition
1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations. **Call for our course catalogue.**

The real voyage of discovery consists not in seeking new landscapes but in having new eyes.
– Marcel Proust

HEALTH & HEALING

PACIFIC Institute of REFLEXOLOGY

Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.

One-hour private sessions: $65, or 5/$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only $20.**
Books, charts and self-help tools available.
Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

Expect Wonders!
Registered Doctor of TCM
Former Instructor of TCM
at Langara College
31 Years Clinical Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca

Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders
- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders
- Neck and back pain
- Bell's palsy (highly effective)
- Headache, Sciatica
- Arthritis, Tendonitis
- Disc Syndrome
- Stress and Depression

Please read our Online Testimonials.

Wellspring Vision
Improvement Program
Making a positive difference
Dr. Weidong Yu
www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be beneficial for patients with conditions such as:

- **Retinitis Pigmentosa**
- **Macular degeneration**
- **Glaucoma**
- **Eye Bleeding**
- **Red eyes, Dry eyes**
- **Eye fatigue**
- **Far sightedness**
- **Blurry Vision**

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

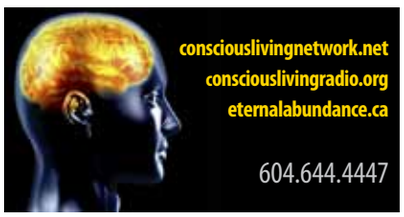
Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

After assessing the physical and subtle energies of the body, with Valerie's light, heart centered energetic touch and soft, gentle dialogue with the body, a journey of the Soul begins to the root cause of the issue. Tissues and organs surrender, layers of emotion and memories melt away, taking us to the pure essence of being. Valerie invites you to join her in co-creating your healing journey of self-discovery, possibility, freedom and vibrant health!

Over 20 years experience in holistic healing and eclectic bodywork.
By appointment.
Please call 604-739-9916
Long-distance sessions available

THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
 # 360 - 522 7th St., New Westminster, B.C.



Expand Your Life Experiences; develop harmony within by attending Conscious Living Network events. Body, mind and spirit we transform eating well to living healthy at Eternal Abundance vegan café. Explore the frontiers of consciousness, spirituality and personal growth with interviews on Conscious Living Radio.

Humanity is acquiring all the right technology
for all the wrong reasons.
– R. Buckminster Fuller

ENERGY HEALING
Learn to heal.

Interested in learning to be a healer?
Pranic Healing classes are available
Level 1: May 24th and 25th
Level 1: August 30th and 31st
For details visit: healingwithprana.com
… or call for a healing session.
Pauline Sainsbury
604.724.2114 • healingwithprana@gmail.com

Access Health & Wellness Clinic
Zahra Mazanderani
Registered Acupuncturist & Herbalist
www.zahraacupuncture.com

- Acupuncture & Cupping, Chinese Herbs
- Facial Rejuvenation, Freckle Removal
- Constipation, Stomach Pain, Women Disease
- Back, Shoulder & Neck Pain, Headache
- High Blood Pressure, Weight Loss

101–1221 Lonsdale Ave., North Vancouver
Tel: 604-988-5698 Cell: 778-847-2026

Qwest 4 Health
- **LIVE BLOOD ANALYSIS**
- **IRIDOLOGY**
- **pH ASSESSMENT**
- **QUANTUM BIOFEEDBACK**

www.qwest4health.ca

COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulation ….and many more
Office: 604-560-5119 Cell: 604-531-3480

ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU
Doctor of Traditional Chinese Medicine
Registered Acupuncturist
Trained in Canada and China

Treatments for • Back pain • Stop smoking
• Gynaecological, digestive and skin issues
• Fatigue • Weight loss • Facial rejuvenation
Chinatown Office: 604-605-3382
Chinatown Centre Medical Clinic
#165 - 288 E. Georgia St.
Main St. Office: 778-239-7989
Balance Acupuncture & Massage
#105 - 4338 Main St.

Vancouver
Colon Hydrotherapy
South Granville Naturopathic Clinic
604-738-3858
• Naturopathic Physician Directed
• Covered by Extended Health

ENERGIZE & DETOXIFY
Spring Promo:
Free Infrared Sauna & Free ND Consult
- Ozone & Coffee Infusions available
- Live Blood Cell Analysis available

www.drlederman.com
#212 - 3195 Granville St., Vancouver

Wellness Consultations
Master Sha's Soul Healing Centre Vancouver
604-336-4833

Master Thai-Siew Liang offers:
- Soul Healing
- Soul Readings
- Classes and Workshops

for all aspects of your health & well-being
www.MasterShaSoulHealing CentreVancouver.com

Isabella Scandolari RCST® BCST
REGISTERED
CRANIOSACRAL THERAPIST
18 yrs exp in holistic medicine
Call: 604.731.9447
Visit: www.isabellascandolari.com

Healing is a State of Balance to Wholeness
PAIN to **RELIEF**
STRESS to **STILLNESS**
DEPRESSION to **OPTIMISM**
EXHAUSTION to **VITALITY**
Deep relaxation of the nervous system.
Gentle & effective method proven to release patterns, relieve pain & restore radiant health!

You don't stop laughing because you grow old.
You grow old because you stop laughing.
– Michael Pritchard

CHIROPRACTIC – Natural and Effective
Back or Neck pain? Headaches? TMJ? Frozen Shoulder? Carpal Tunnel? Menstrual pain? Fibromyalgia? Arm/Leg pain? Sciatica? Spinal Adjustments – Ultrasound – Traction
M Chiropractic and Custom Orthotics
Dr. Michael Wong
604-676-1848 www.mchiropractic.ca

FOOT REFLEXOLOGY
North Shore
- Deep relaxation for the brain
- Reduces body stress and tension
- Improves circulation and supports healing
- Holistic approach by certified practitioner

$60 per 1 hour session
Phone Sue: 778-822-1930

INTUITIVE ARTS

Geri De Stefano-Webre
Ph.D.
604-649-5590
PsiTherapy@gmail.com

PsiTherapy© is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world.
Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337

IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present…ACT!

There is something wonderful in seeing a wrong-headed majority assailed by truth.
– John Kenneth Galbraith

Vancouver Psychics.ca on Granville Island

Phone Readings by Chanel
Chanel reads in South Surrey on Weekends

HOME TO VANCOUVER'S BEST PSYCHICS, TRUSTED SINCE 1996.
Walk-ins Welcome 7/7, 11am to 5pm $45
Phone Readings: 1-888-734-3354
Appointments: 604-734-3354
Customer Care: 604-535-3113
Map & Info: VancouverPsychics.ca

DR. ANNE MCMURTRY
Channelled Readings, Reiki & Crystal Healing
ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.

It is error only, and not truth, that shrinks from inquiry.
– Thomas Paine

NUTRITION

Classics in nutrition for vegetarians, vegans, raw enthusiasts, healthy eaters: bestselling books include *Becoming Vegan: Express Edition.* Online & through bookstores.

See Vesanto at:
Walnut Grove Langley Library Mar 13 (free)

Consultation with dietitian/author Vesanto Melina. Personalized consultation ($282 for 2-1/2 hour) includes nutritional analysis; recipes; menu planning; for busy people; pregnancy; children, seniors.
604-882-6782 www.nutrispeak.com
vesanto.melina@gmail.com

PSYCHOLOGY, THERAPY & COUNSELLING

Therapy of the Whole Person
John Arnold Ph.D.
Therapist / Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788 or visit my web page at www.johnarnoldphd--reichianandyogictherapist.com/**

ARE YOU READY FOR A CHANGE?
Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342 transformance@mac.com
www.creativetransformations.ca

Life Between Lives™

Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges."
- from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
rifa@lifebetweenlives.ca
www.lifebetweenlives.ca

Break Your Addiction
Call Jackie for your FREE consultation
604-551-4986

Spring Special!
Be clean for Spring.
No more cravings for cigarettes, pot, alcohol, cocaine, oxys. No more binging.

Email info@thepowerwithin.ca for your FREE consultation
www.ThePowerWithin.ca

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST
WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4433 Main Street @ 28th 604-879-2020

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - *Owen Williams, Common Ground*
Visit our new location
4433 Main Street @ 28th 879-2020

Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401. **www.eastiseast.ca**

To my mind to kill in war is not a whit better than to commit ordinary murder.
– Albert Einstein

Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver **604.872.8779 www.nirvanarestaurant.ca**

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
菩提菜香素食
3932 Fraser
& 23rd Ave.
Vancouver
(604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.

T·H·E NAAM RESTAURANT
"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

SPIRITUAL PRACTICES

Life & Wellness Consultations
Master Sha's Soul Healing Centre Vancouver
604-336-4833

Master Peter Hudoba offers guidance to overcome life's challenges.
Master Hudoba offers Soul Readings and Soul Healing Blessings which may include:
- Spiritual Healing
- Cleansing of sickness karma
- Spiritual Transmissions for health and spiritual growth
- Spiritual guidance

Through Soul Communication, Third Eye images and access to the Akashic Records, Master Hudoba provides clarity and solutions for health, relationships, career and every aspect of spirituality.

To book an appointment
604-716-5124
www.MasterShaSoulHealingCentreVancouver.com

... ***Speaking*** *from p.15*

ing in arts funding as integral to education, he recalls seeing the documentary *Slam* in high school. "I was blown away and felt connected; it was transformative, empowering," he recalls.

"In Victoria, I found a supportive community. While building truth, we are building community. That's where the buzz is," says Loveday, who not only participates at local "Tongues of Fire" events, but created Victorious Voices. Last month, five-member teams from eight schools competed. That's 40 new, young poets, writing, performing and having their passion celebrated.

Loveday works with words primarily to engage and entertain live audiences, to "look them in the eye." But he will take YouTube and UpWorthy if he can get them. Long gone are the days of mainstream radio playing protest songs. He and Hildebrand point out that alternative artists have created alternative resources and interactive networks, new avenues and enhanced opportunities for sharing and discussing in real time.

Everyone is involved in food security, if only unconsciously. The time to start gardening is now. It is also time to boycott big-box stores, corporate agriculture and "frankenfoods," while pressuring government to reinvest in farming.

If you know progressive artists with alternative messages, *Common Ground* wants to share their work. Please keep in tune and in touch.

Advertising Sales Professional

Grow Common Ground across Canada so we can inspire millions more to live informed, happy, and healthy lives. Introduce our unique audience to businesses, organizations and services that wish to be more successful. Let's make an even bigger difference.

Send resume and cover letter to joseph@commonground.ca

Let us know what makes you uniquely qualified to sell advertising in Common Ground.

Thank you

common ground

Vibes

Reflections on light and darkness

Part II: Just a ride

by Geoff Olson

photo © Danielc1998

Some years back, I hopped on a bus on the Vancouver west side and took a peculiar ride. "There may be some turbulence during the flight," the driver announced as he pulled into traffic. "You'll find an oxygen mask above you and a flotation device under your seat." The half-dozen passengers on board went from exchanged looks of confusion to shared laughter. The driver went on for several minutes about emergency exits and in-flight meal options. He then repeated the whole routine in French to his small audience.

"This is the real secret of life, to be completely engaged with what you are doing in the here and now," said Zen philosopher Alan Watts back in the sixties. "And instead of calling it work, realize that it is play."

That approach may not seem an option for most wage-eslaves. It's probably not easy or advisable to experiment with work-as-play on an Alaskan crab trawler or in an air traffic control tower. But if you're pruning hedges, giving a Powerpoint presentation, or BSing around a water cooler, Watts' advice seems worthwhile.

The 8,000-10,000-year-old Vedic tradition interprets all of creation as Vishnu Lila, the "Play of Vishnu." The Sanskrit word *Lila* translates as dance or play. The same tradition refers to the phenomenal world as illusion. In Latin, the root of the word illusion is *ludere*, to play.

Ceylonese philosopher Ananda Coomaraswamy connected the word lila to the root lelay, "to flame," "to sparkle," "to shine." Lelay carries connotations of Fire, Light and Spirit. Cosmic creation was conceived not just as a divine game, but as a play of flames, the dancing of a well-tended fire.

The only reason the notion of cosmic creation got tied to words for dancing flames is because Sanskrit speakers already considered fire as the elementary manifestation of divinity, given its radiance and playful movement. "Flame and light, then, symbolize in India the cosmic creation and the very essence of the Cosmos, on account of the fact that the Universe is conceived as a free manifestation of the divine or, in the last analysis, its "play,"" noted anthropologist Mircea Eliade in his 1961 book, *The Two and the One.*

The Indian concept of Maya, or the veil of illusion, takes on a subtler meaning in this context. The play of cosmic creation is a divine game, but if so, to tear the veil of Maya and reveal the cosmic illusion amounts to understanding its core nature as "play" – the "free, spontaneous activity of the divine" in Eliade's words. That suggests understanding this alone is a big step towards liberation, the anthropologist observed.

This might seem an idle, scholarly game of connect-the-dots with archaic terms, but the 10,000-year-old Sanskrit language may be weirdly closer to the Jetsons than the Flintstones. In his 2014 book, *Geek Sublime: Writing Fiction, Coding Software,* author Vikram Chandra notes the existence of a 2,500-year-old text that gives the rules for generating Sanskrit words. He calls it "the first known instance of the application of algorithmic thinking to a domain outside of logic and mathematics." This document influenced 19th century linguists, and "modern linguistic theory, in its turn, became the seed-bed for high-level computer languages." Chandra adds, "Programmers who know Sanskrit sometimes claim that it would make the perfect programming language."

This isn't saying the core structure of reality is written in Sanskrit or anything equally ridiculous. Rather, the deep structure of Indo-European languages offers us a semantic web of surprising associations. If we are open to the multigenerational wisdom contained therein – and language is nothing less than the archived, consensual thinking of a great many people over time – we may even have a bit of fun by playing with it.

The words ludere, lunettes, illusion, lucidicity, luminescence, and illumination are cross-referenced semantically in Latin, French and English. When British author G.K. Chesterton said, "Angels fly because they take themselves lightly," he put another accent on the many meanings of light – as in the antonym for heavy, burdensome and serious.

To conceive of the phenomenal world as some form of misleading illusion (Maya) is not mutually exclusively with conceiving it as a fantastically complicated game of play (Lila) conducted in four or more dimensions. And considering the alternative – no one gets out of this game alive – we might as well play the damn thing in high spirits when we can, given the many occasions when it seems the very opposite of fun and games.

Western religious tradition put a different inflection on the idea of cosmic play and illusion. In the biblical *Book of Job*, the title character is a pious man who lives accordingly to the Word. Satan tells God that, sure, the guy is faithful now, but get rid of his earthly belongings and his children and Job will abandon Jehovah like a week-old falafel (I am paraphrasing here). The two make a pact and Satan gives Job boils, kills all of his family except his wife, polishes off his servants and reduces his homes to rubble.

In this game of super-beings, Job might as well be a character in a first-person shooter game and his two tormentors a pair of 12-year-old boys. He is both prize and pawn in a program he can't comprehend, but he remains faithful to the end.

Two thousand years later, filmmaker Harold Ramis offered a comic angle on cosmic testing in his 1993 film, *Groundhog Day*. Bill Murray plays the cynical Pittsburgh weatherman Phil Connors, who finds himself reliving the same day over and over in the town of Punxsutawney. Reality fails to reboot properly in the mornings

and Murray's character is the only one who notices. As the days turn into weeks and the weeks into months, he follows the secular stations of the cross: denial, anger, grief, etc. Only when the brokenhearted antihero ceases to try and force things and accepts the tragicomic nature of existence – essentially, "play along" – does he discover love and a mended reality.

The idea of the cosmos-as-game has gained greater currency over the past few years among academics. Oxford philosopher Nick Bostrom theorizes we are more likely to be living in a giant simulation than not. According to this line of thought, when we make a discovery in mathematics or physics, we are looking into the command line architecture of the universe.

If that concept sounds reminiscent of *The Matrix*, *The Truman Show* or any other novel by Philip K. Dick, perhaps that's why these fantasy worlds strike such a chord in fans. There is something within us that resonates with the idea of consensus reality being something of a confidence trick – on the social level, at the least.

Alan Watts once asked an interesting question, riffing on the Vedic idea of the sleeping god Brahma, who dreamed the world into existence. What would you do if you were a universal consciousness, with nothing you couldn't do and nothing coming as a surprise? Well, you might go to sleep and have a dream where you don't know who you are for a stretch and fall into all sorts of adventures. You would go to sleep for longer and longer stretches and get really lost.

You would construct for yourself a play (and note the alternative meaning of play in this context) in which you were not just the observer, but the observed; not just the stage, but all the actors on it, from centipedes to CEOs. You would be Universal Consciousness in disguise from yourself, in endless forms, looking through trillions of sensory apertures into a world of your own evolutionary emergence.

A life lived on a twirling, whirling planet near the edge of a spinning galaxy makes for a hell of a ride... from crib to coffin, it's mostly a trip into the Unknown.

You might even make the performance as exciting, terrifying, joyous, heartbreaking, pleasurable, and painful as possible to heighten believability – although this does not seem to offer a particularly satisfactory 'explanation' for suffering. (In his short book of philosophical speculation, *God's Debris,* Dilbert creator Scott Adams toys with the idea of the Big Bang as an act of suicide by an omniscient computational intelligence, for the satisfaction of reassembling itself by natural selection over billions of years.)

These aren't the kind of ideas that are normally kicked around in the university faculty lounge. In any case, scientists agree we're on a small, rocky planet hurtling at 108,000 km/hr around an average star in a solar system gravitationally bound to the spiral arm of the Milky Way – a ferris wheel of billions of stars that itself is just one among billions of galaxies in an expanding universe. If programmers could simulate such a thing, they certainly would. Bostrom argues someone or something has been there and done that – and we're soaking in it.

A life lived on a twirling, whirling planet near the edge of a spinning galaxy makes for a hell of a ride. The late comic Bill Hicks offered a fairgrounds metaphor for existence in his 1991 Revelations tour:

"The world is like a ride at an amusement park, and when you choose to go on it, you think it's real because that's how powerful our minds are. And the ride goes up and down and round and round; it has thrills and chills and it's very brightly coloured and it's very loud and it's fun…for a while. Some people have been on the ride for a long time, and they begin to question: 'Is this real, or is this just a ride?' And other people have remembered, and they come back to us, and they say, 'Hey – don't worry, don't be afraid – EVER – because, this is just a ride.'"

If we're lucky, it's sometimes like a ride on a bus with a wisecracking bus driver. But from crib to coffin, it's mostly a trip into the Unknown.

www.geoffolson.com

...***GMOs*** *from p.17*

Farmers in India, who let their sheep graze on Bt cotton plants after the harvest, saw thousands of sheep die.

tually every organ studied in lab animals. The effects on humans of consuming these new combinations of proteins produced in GMOs are unknown and have not been studied. Crops such as Bt cotton produce pesticides inside the plant. This kills or deters insects, saving the farmer from having to spray pesticides. The plants themselves are toxic and not just to insects. Farmers in India, who let their sheep graze on Bt cotton plants after the harvest, saw thousands of sheep die. Herbicide tolerance lets the farmer spray weed-killer *directly* on the crop without killing it. Comparative studies on the toxic residues in foods from such crops have not yet been done. Pollen from GM crops can contaminate nearby crops of the same type, except for soy, which does not cross-pollinate. In fact, virtually all heritage varieties of corn in Mexico (the origin of all corn) have been found to have some contamination. Canola and cotton also cross-pollinate. The long-term effects on the environment could be disastrous. **www.responsibletechnology.org**

Jeffery M. Smith is one of the many featured speakers at Canada's first Non-GMO Expo Exhibition and Trade Show on June 8, 2014, at the Vancouver Trade and Convention Centre. Others presenting at Veg Expo include Rachel Parent, Thierry Vrain, Samantha Shorkey, Ian walker, Joseph Roberts, Erin Cebula, and Adam Hart. See the poster on page two for details.

International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 28 years of excellence in TCM Education

Diploma programs Start September 8, 2014
Doctor of TCM
Licensed TCMP
Acupuncturist
TCM Herbalist

Very high passing rates in CTCMA Board Exams

Eligible for HRSDC Funding and Student Loans
We accept transfer credits

Chinese Tui Na Massage Short Term Certificate

Acupuncture Program in Chinese Class Also Available

CLINIC OPEN TO PUBLIC
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological disorders, allergies, arthritis, depression, other chronic conditions and much more.

FREE info sessions
Thursdays 2 - 4 pm
May 8, 15, 22, 29

Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8

Datebook Events

Mothers Day May 11

For rates & placements email
datebook@commonground.ca

MAY 3-4 & OCT 4-5
In Vancouver: Become a "Certified Coach Practitioner" in our popular two-day training+ continuous education program. 1-866-455-2155. www.certifiedcoachesfederation.com,

MAY 7
Setting the Goal: Turning Obstacles into Opportunities – MINI Lecture, 6:30 PM sharp (note change of time, May only), Unity of Vancouver, 5840 Oak Street at 41st with Duane O'Kane RCC and Catherine O'Kane RCC. For complimentary tickets, email clientservices@clearmind.com or $20/door. Move through blocks to achieve what you really want.

MAY 9-11
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

MAY 10
Defend our Climate: In Victoria – March for an Oil-Free Coast. 12:30PM: Music in the park (Beacon Hill Park Bandshell). 1:45PM: March to the Legislature. 2:30PM: Rally at the Legislature. 3:30PM: Discussions & Organizing at James Bay Community School Center, 140 Oswego St. Part of the National Day of Action. For an event in your area, visit www.defendOurClimate.ca

MAY 10
Vancouver: #No Enbridge Pipeline Rally: 2PM, Sunset Beach (@Bute & Beach). A family-friendly event with music, food & speakers. Let's remind Harper who really has the power. We can do better than tar sands pipelines! www.noenbridge.ca

MAY 13
Free Shamanic Power Initiation & Open House hosted by the Institute of Shamanic Medicine. Energy Body Initiation: 7:30PM, Vancouver. RSVP at info@shamanicmedicine.ca or call 778-227-2939. www.shamanicmedicine.ca

MAY 16-18
Approaches to Meditation with Dr. Hillary Rodrigues. At Swanwick Centre, near Victoria. To register, email: swanwick@shaw.ca or call 250-744-3354. www.swanwickcentre.ca

MAY 22
Live the life of your dreams - Don't you think it's about time? Seminar with elite performance coach & best selling author Rhiannon Rees. Unity Spiritual Centre, Vancouver, 6-9PM. Tickets $99 or 2 for $59 each. Tickets at www.RhiannonRees.co

MAY 22-25
Eagle Valley Retreat in beautiful Squamish Valley. Renew yourself through fasting & restorative yoga. Call for more information: 604-729-3120. archerinthemountains@gmail.com, eaglevalleyretreat.com

MAY 23
Explore the Mother/Daughter Mirrors. A shamanic workshop for all women over the age of 18. 6:30PM, Vancouver. With shamanic practitioner Sonya Weir and Maggie Fox, Masters Spirituality & Women's Health. $40. To register, email sonyaweir@uniserve.com or call 778-227-2939.

MAY 23-25
The Vedic Path to Peace with the Indian Master Sri Tathâta: Teaching, Meditation, Indian Music, Darshan & guest speaker. Vancouver. 1-855-888-2289, www.dharmacanada.info

MAY 24
Living a Spiritual Life While Working in the Corporate World: FREE Talk 7PM. Meditation / Ecology Centre, 11011 Shell Road, Richmond. Linda, 604-985-5840, lindabbee@gmail.com. Drop-ins welcome.

MAY 24
Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. www.instituteofholisticnutrition.com

MAY 24-25
Basic & Advanced Vertical Reflex Therapy Courses with Chris Shirley, VRT Tutor. $350 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

MAY 24-25
Bach Flower Course: Learn how to use the Bach flowers to help both pets and the people in your life. www.BachFlowersCanada.com, 250-331-3228.

MAY 30-JUN 1
Open 3rd Eye Workshop: Friday-Saturday-Sunday, 10AM-5PM, $200/3 days at Master Sha's LPH Centre, 1280 Odlum Dr, Vancouver. www.MasterShaSoulHealingCentreVancouver.com

MAY 31
The Art of Loving Communication: a workshop to improve your couples communication. North Vancouver. 1-4pm. $90+ GST per couple. www.integralcounsellingbc.com

JUN 4
Evolution Revolution: Counsellor Training Info Night. Hosted by Clearmind. 7:30PM, Unity of Vancouver, 5840 Oak St. @ 41st. www.clearmind.com (Clip display ad this page & attend for free).

JUN 6-8
Visual Alchemy: Depth Exploration of Body-Eye Connection, Dr. Sam Berne, Holistic Eye Doctor, www.drsamberne.com Talk Banyen June 4. Contact saskias@telus.net, 604-926-7398.

JUN 8
Veg Expo: Come explore the truth about GMOs from world-renowned expert Jeffrey M. Smith. A day for the entire family. For more information and tickets, check out vegexpo.ca

JUN 14
The Modern Knowledge Speakers Tour is traveling across Canada this spring asking questions regarding our current knowledge, doctrines and dogmas. Vancouver - Jun. 14, Library Square Conference Centre, 9AM. www.modernknowledge2014.com

JUN 27
Krishna Das Live Kirtan in Vancouver. St Andrew's-Wesley Church (Nelson & Burrard). Advance tickets $35, $45/door. Tix & info at Banyen Books, 3608 W. 4th Ave, 604-737-8858.

JUN 27-29
Deepening the Stillness: Based on a recent retreat with Eckhart Tolle. At Swanwick Centre, near Victoria. To register, email: swanwick@shaw.ca or call 250-744-3354. www.swanwickcentre.ca

cont'd next page...

EXPLORE THE MOTHER/DAUGHTER MIRRORS
DISCOVER THE IMPACT
FRIDAY MAY 23 - VANCOUVER
6:30 - 10:30 PM

A SHAMANIC WORKSHOP FOR ALL WOMEN 18 YRS AND OVER
COST $40

WITH SHAMANIC PRACTITIONER SONYA WEIR
www.eaglefireshamaniccoaching.com
AND MAGGIE FOX
Masters Degree Spirituality & Women's Health
SPACE LIMITED
To register, call or email Sonya at:
sonyaweir@uniserve.com (778) 227-2939

Become a Certified Life Coach *or* Executive Coach

Our 2-day Intensive + 1 year of followup earns you the "Certified Life Coach Practitioner" designation. Join the community of over 10,000 CCF grads throughout the world.

Vancouver May 3 - 4, and October 4 - 5
Register today 1-866-455-2155
www.certifiedcoachesfederation.com

Classified

For rates & placements email classifieds@commonground.ca

ANGEL READINGS & ART

PAST LIFE REGRESSION THERAPY – Akashic Records – Angel Readings & Past Life Readings – Angel Sculptures/Portraits. Lisa Azzano CHT. www.lisaazzanosculptures.com, 250 598-7530.

KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE $20-$40. You pay what you can afford. 2948 W. Broadway, Vancouver. 604-428-1260, www.kitscommunityacupuncture.ca

RETREATS

AN OASIS FOR YOUR SPIRITUAL JOURNEY: Krishnamurti Educational Centre of Canada. Beautiful oceanfront setting near Victoria. Info: www.krishnamurti-canada.ca or 250-744-3354.

THE HERMITAGE RETREAT CENTRE: Meditation & Yoga retreats May to Sept. Location: 60-acre organic farm on Denman Island. 250-335-3377, www.thehermitage.ca

ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC HEALING

LIFE COACHING FROM A SHAMANIC PERSPECTIVE: Relationships, work, emotional balance, finding meaning and purpose, rediscovering joy. One-on-one/groups – Drum journeys, Book of Life readings, Mayan Tarot readings, chakra balancing, karma releasing. sonyaweir@uniserve.com 778-227-2939. www.eaglefireshamaniccoaching.com

SPIRITUAL HEALING

SOUL CONNECTIONS: COME LEARN NEW THINGS about yourself, enjoy silence and find peace of mind. Meet others who are integrating spirituality into their lives. Brahma Kumaris Meditation Centre, 604-436-4795. vancouver@ca.brahmakumaris.org

Datebook Events cont'd

JUL 26-AUG 4

Discovering Personal Destiny and Co-Creating the Village: 2014 Teen Journey Summer Camp fosters youth empowerment and leadership. 10 transformational days at Ruby Lake Resort, Sunshine Coast. www.teenjourney.org or 604-874-7922.

ONGOING

Sacred Journeys to Peru with Traditional Curandero (healer) Jhaimy Alvarez-Acosta. Aug. and Oct., 2014. www.childrenofthe7rays.com info@childrenofthe7rays.com.

Pranic Healing: learn how Prana (life force) can be used to accelerate the healing of your body, mind and life. www.healingwithprana.com, healingwithprana@gmail.com

ONGOING

Science of Spirituality – always free – Monthly Meditation Workshops / Weekly Programs in Vancouver & Richmond: Learn the theory and practice of Jyoti (Inner Light) Meditation for Self-knowledge and God-realization – according to saints and mystics throughout the ages. Present living Master Sant Rajinder Singh Ji Maharaj. Further info Linda: 604-985-5840, lindabbee@gmail.com, www.sos.org

The crowdfunding campaign for the BC-produced documentary Running on Climate (Robert Alstead & Jo Clarke) ends on May 24 at 9:42AM. Donations welcome at www.fund.runningonclimate.com

BANYEN books & sound proudly presents
KRISHNA DAS
Live Kirtan in Vancouver!
Fri, June 27
7:30PM
St Andrew's-Wesley Church
(Corner of Nelson & Burrard)
tickets $35 advance, $45 at door
Tix & Info at Banyen Books & Sound
3608 W 4th Avenue, 604-737-8858
banyen.com
KRISHNA DAS
KIRTAN WALLAH
proud sponsors: Hollyhock, Kirtan Vancouver, Give Peace A Chant, Drishti Point

CLIP THIS AD AND ATTEND FOR FREE!
Evolution Revolution
Counsellor Training Info Night
Draw for $1000 Clearmind Currency
Clearmind.com
Make all Moments Count
Wed. June 4, 7:30 pm,
Unity of Vancouver, 5840 Oak St @ 41st
PCTIA

... **Rethink** *from p.7*

culture."

The wealth we the people own together is inestimable, something corporations seek to commercialize or control: public airwaves, public lands, our genes, trillions of dollars of knowledge and R&D paid for by taxpayers.

Bollier cautions that vigilance of constant threats is essential. Existing and emerging Commons are perceived as very serious threats to investment and business interests, disruptive to markets and revenue flows. And political parties can't or won't jeopardize cozy, even corrupt relationships.

In the meantime, the market/state drools over the almost unimaginable wealth acquired through "enclosing" the Internet, public lands, drug research, the human genome and other Commons. Microsoft doesn't like free Linux operating systems. Monsanto wants to bury seed exchanges.

Bollier thinks Commons and markets can co-exist, if great pains are taken to ensure relationships and resources aren't monetized, destroying social solidarity and collective stewardship. "We need social understandings, technological systems and legal protections," he explains.

Learn the language, he advises, understand Commons – no matter how small or seemingly isolated, they are related, despite national boundaries or differences. Internationally, Greece, Spain, the Arab Spring and Occupy share beliefs and concerns that democratic, representative government is a sham.

Start with your passions and talents, he adds. Commons function best with care, engagement and the desire to protect a resource by participants. Love the natural world? Put energy into land trusts or open-space preservation. Digitally savvy? Participate online.

Ralph Nader picked *Think Like a Commoner* as number one in his list of *10 Books to Provoke Conversation in the New Year*. "A brilliant distillation.. to take control of what we own, to transform our economy, our posterity and the planet. You'll tremble with the excitement of what we all own... that somehow escaped our notice," Nader notes.

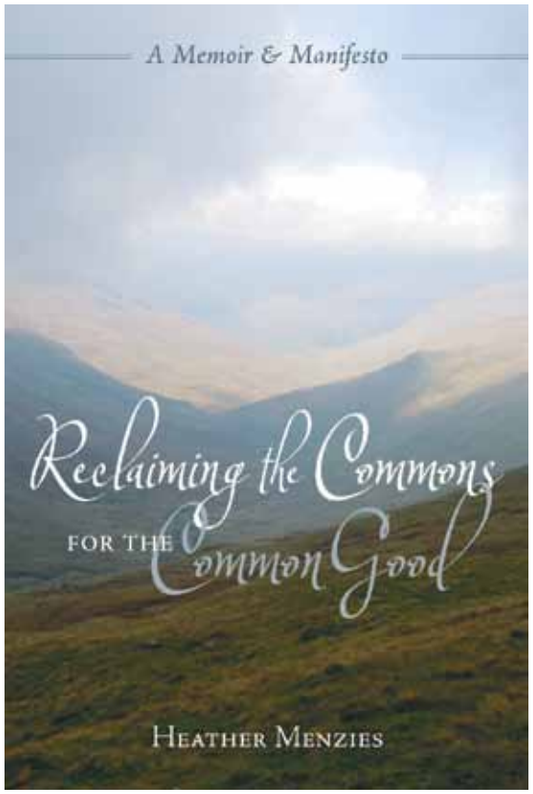
"Among the most important and hopeful concepts of our time... read this book to understand why!" writes climate change activist Bill McKibben. Maude Barlow, chair of the Council of Canadians adds, "Our world is in need of reviving an ancient wisdom to survive. I Love this book!"

For people who want to inquire further, there are web-based notes, leading websites, footnotes and recommended reading. Also a definitive, three-page section, "The Commons, Short and Sweet" and a useful chart, "The Logic of The Commons and the Market."

Reclaiming the Commons for the Common Good

by Heather Menzies

Like so many of us, Heather Menzies yearns and searches for a vital, viable alternative to the "financialization" of everything, deepening inequalities, desperate dependency on jobs, jobs, jobs and looming environmental collapse – for a new core regulator, strong enough and real enough to inspire action, sustained through a movement for genuine change, something beyond more bad news about our dysfunctional and dying planet.



Her book invites us to come home to ourselves, our communities and habitats. She contends that it's possible – but not easy – to re-establish common good. "The word common originally meant 'together-as-one,' 'shared alike' and 'bound together by obligation.'

> To survive, we must become "ecoliterate" and learn to read the land with empathy, as one reads a friend's face,

"It's time to reclaim The Commons, first as memory and heritage, then as practices, to build capacity. Not only is another world possible, but is on her way. People's thinking has become so weighted by what's cheap, fast, self-serving, cost-effective and convenient that concepts like social justice and common good elicit little more than tax-deductible donations.

"I knew what I was against, but not what I was for. I was part of the impasse. I needed to break out of it, but how?"

Reclaiming the Commons opens with Menzies' road trip to reconnect with her ancestral heritage in Scotland's Highlands, to the heart of the tragedy of lost Commons. "I had only understood it intellectually," she recalls."It was my first inkling of what it feels like to be a colonized person. My forbears and their neighbours didn't just lose their together-as-one connection to the land. They lost all that these ties meant to them economically, politically, socially, culturally and even spiritually."

Isaac Newton observed, "In Gaelic culture, people belong to places, rather than places belonging to people."

Drawing on her roots, Aboriginal history, movements like Idle No More, international environmental and social justice activism, the Internet, Gabriola Commons and other inspiring and informative examples, Menzies interprets the significance of her discoveries, identifying myriad forms of all important capacity-building.

She likens growing Commons consciousness to Joanna Macy's "Great Turning... a cognitive revolution and spiritual awakening that amounts to a shift in our sense of identity."

According to Menzies, "The legacy of The Commons offers a way out... a healing ethos of connection, not disconnection, of implicated participation, not remote control and management."

Implicated participation is key: ongoing connection, mutual obligation, mutual self-interest and common good. Showing up, being present, ready and willing to be implicated, here and now, are critical to a habitat-centred society, a parallel path and new social contract.

To survive, we must become "ecoliterate" and learn to read the land with empathy, as one reads a friend's face, knowing through relating over time, as apprentices in a living classroom, in affirmative action, unlearning deep-seated habits and re-building real and do-able knowledge.

Menzies offers what she "cheekily" calls a "Commoning Manifesto," a framework with numerous examples. "I recognize it now as a possible path of reconnection, a place to stand in confronting the crises and impasse of our times. It might be too late. But it might not, if a place to stand outside modern economistic thinking can be found."

Hereditary Nuu-chah-nulth chief Eugene Richard Atleo (Umeek) writes, "The fabric of reality is damaged and torn... known by many names and phrases: climate change, war, genocide, colonization, environmental degradation and perhaps most appropriately as the tragedy of The Commons."

David Suzuki adds, "A book made for today. An inspiring and pragmatic contribution toward meeting the greatest spiritual challenges of our time." Noam Chomsky agrees, describing the book as "...an admirable, even noble, vision, eloquently expressing what will have to be done if humanity is to escape the current race towards disaster."

May 21: 7PM, Heather Menzies reads at the Vancouver Public Library Central Branch, 350 West Georgia, lower level.

May 23: Menzies reads at Gabriola Commons, Gabriola Island, tentatively set for 5-8PM.

COMPLETION FALL 2015

A Home for All Seasons

1-3 Bedroom units $245K - $499K

The Site
- Right in the Heart of Downtown Nelson
- Easy walk to recreation centre, civic theatre, medical clinic, restaurants

The Building
- Energy efficient contemporary design
- Low strata fees

The Suites
- Beautiful mountain and lake views!
- Private decks and extra large terraces
- Stone countertops and quality stainless steel appliances

Nelson Commons offers the best of urban living in our beautiful mountain community. We have a wide selection of units available to purchase. Contact us for more information.

NELSON COMMONS

life in the heart

TRUE LOCAL Kootenay co-op

A project of the Kootenay Co-op

t: 250 352 5847
www.nelsoncommons.ca

follow this project on facebook

★ *BC's best kept secret* - BCTV News

★ *It's not hard to decipher how this tiny town in the middle of nowhere was voted the best ski town in North America by skiers* - Powder Magazine

★ *Given its setting on Kootenay Lake, in the heart of a mountain range, Nelson is an outdoor enthusiat's dream* - LA Times

★ *This small town will make you reassess what you think civilization should be like* - The Guardian

★ *Up here, it's all about community: Networking takes place on the sidelines of the kids' soccer field, folks tend to boycott big chain stores, and if you choose work over family here, you stick out* - Sunset Magazine

★ *One of the top ten Emerging Ski Towns* - National Geographic

Medicinal Mushroom Therapy

- **Immune power**
- **Stress relief**
- **Improved memory**
- **Anti-aging & longevity**
- **Adrenal & lung support**

Brought to you by Purica, the makers of the potent chronic pain reliever

RECOVERY

PURICA

purica.com